Humane World for Animals™

Super mac

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	K12 PF deck	VG, NF, SF	12	9.44 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 cup	10 oz	22%	12.80 oz	Potato, Russet, medium dice	For cheez sauce: To a large pot with boiling water, add all ingredients in step 1 and cook for 15 minutes until soft. Drain and reserve some of the cooking liquid.
	2 cup	9.80 oz	19%	12.05 oz	Carrots, peeled, chopped	



Carrots and potatoes in water

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 11.51 oz	0%	1 lb 11.51 oz	Beans, Cannellini, canned, drained, rinsed	To a high-speed blender, combine all ingredients in step 2 with reserved potatoes and carrots. Blend, adding reserved liquid one tablespoon at a time, until desired consistency is achieved. Hold hot for service.
	1 1/2 cup	7.62 oz	0%	7.62 oz	Yeast, Nutritional	
	2 tbsp	1.04 oz	59%	2.51 oz	Lemons, juice	
	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	
	2 tsp	0.23 oz	0%	0.23 oz	Garlic, powder	
	2 tsp	0.15 oz	0%	0.15 oz	Onion, powder	
	1 1/4 tsp	0.12 oz	0%	0.12 oz	Salt, Kosher	
	0 lb	0 lb	0%	0 lb	Water, *Reserved from step 1*	

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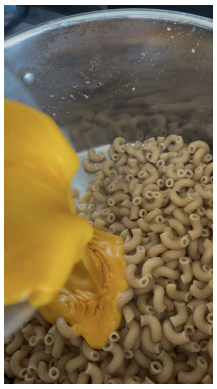


Ingredients in blender



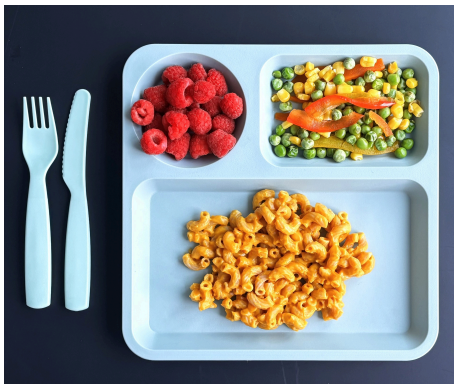
Cheez sauce, blended

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12 cup	3 lb 7.80 oz	0%	3 lb 7.80 oz	Pasta, Elbow Macaroni, cooked *whole wheat pasta*	For service: Combine pasta and sauce. Portion 1 cup mac'n'cheez into a bowl.



Cheez sauce added to pasta

RECIPE IMAGES



Super mac

MEMO

Crediting: Each serving provides 2 ounces grain equivalents, 1/8 cup starchy vegetable and 1/8 cup red/orange vegetable.

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	4.01 g	10.12 %
Saturated	0.54 g	1.35 %
Monounsaturated	1.65 g	4.16 %
Polyunsaturated	1.30 g	3.27 %
Trans fatty acids	0.01 g	0.02 %
Cholesterol	0.00 mg	
Linolenic acid	0.96 g	2.42 %
Alpha-linolenic acid	239.20 mg	0.60 %
Total Carbohydrate	63.66 g	73.78 %
Sugars total	1.93 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	10.48 g	5.72 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	34.62 g	40.12 %
Protein	15.12 g	17.52 %
Alcohol	0.00 g	0.00 %

Calories	
350.58 kcal	
1,466.80 kJ	

Minerals	
Salt	0.76 g
Salt	0.29 %
Sodium	303.81 mg
Phosphorus	206.96 mg
Potassium	556.86 mg
Iron	4.43 mg
Calcium	73.45 mg
Zinc	2.63 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	77.11 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	35.92 µg
Copper	0.35 mg

Vitamins	
Vitamin A	193.32 µg
Vitamin D	0.00 µg
Thiamine	0.54 mg
Riboflavin	0.25 mg
Niacin	2.88 mg
Vitamin B6	0.25 mg
Vitamin B12	0.00 µg
Folate	87.00 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	5.10 mg
Vitamin E	0.64 mg
Vitamin K	4.69 µg

Others	
Water	165.44 g

CO2



0.03 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

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