

# Hungry Planet Buffalo Chicken™ Mac and Cheese

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	15.75 oz

## 1 BUFFALO CHICKEN

Name of ingredient	Capacity measure	EP	Methods
Vegan butter	25 tbsp	0 lb 12.35 oz	<b>SEAR HUNGRY PLANET CHICKEN™</b> Heat butter over high heat and cook Hungry Planet Chicken™, breaking up into small pieces while allowing to sear (3-4 minutes). Add Buffalo sauce and stir to combine. Allow sauce to caramelize slightly (1-2 minutes). Set aside.
<i>For the Hungry Planet Chicken™</i>			
Hungry Planet Chicken™		3 lb 2.00 oz	
McDONALD'S, Spicy Buffalo Sauce		37.50 oz	

## 2 MACARONI

Name of ingredient	Capacity measure	EP	Methods
Macaroni noodles, dry	3 1/8 qt	3 lb 2.00 oz	<b>COOK MACARONI</b> Cook pasta in boiling salted water according to time instructed on the box or until al dente. Make sauce while cooking pasta. Drain when pasta is done.

## 3 CHEESE SAUCE

Name of ingredient	Capacity measure	EP	Methods
Vegan butter	18 3/4 tbsp	0 lb 9.26 oz	<b>MAKE SAUCE</b> Heat butter over medium heat. Add milk and warm while stirring occasionally. Add cheeses 1/3 at a time, allowing cheeses to melt before adding more, saving some to sprinkle on top of pasta. When sauce is melted, add cooked and drained pasta. Stir, taste for seasoning and season with salt and pepper.
<i>For the Sauce</i>			
Milk, imitation, non-soy	1.407 gal	12 lb 1.75 oz	
Vegan mozzarella cheese, shredded	~ 1 1/8 qt	1 lb 2.75 oz	
Vegan cheddar cheese, shredded	~ 1 1/8 qt	1 lb 2.75 oz	
Salt, kosher, Diamond Crystal	25 tsp	0 lb 2.45 oz	
Spices, black pepper, ground	12 1/2 tsp	0 lb 0.99 oz	



Name of ingredient Capacity measure EP Methods

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**ASSEMBLE**

Pour pasta into a heatproof serving dish, top with Buffalo Hungry Planet Chicken™, sprinkle with extra shredded cheese, and broil just until cheese has melted (30 seconds). Serve hot.

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	24 lb 9.80 oz	0 %	24 lb 9.80 oz	0 %	24 lb 9.80 oz
Size of portion	15.75 oz		15.75 oz		15.75 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	Capacity measure	% of energy	Energy	Minerals		Vitamins	
Fat	3.16 g	27.90 %	100.24 kcal	Salt	1.18 g		
Saturated	0.38 g	3.34 %	419.43 kJ	Salt	1.18 %		
Monounsaturated	0.57 g	5.00 %	0.42 MJ	Sodium	534.80 mg	Vitamin A	34.94 µg
Polyunsaturated	1.45 g	12.81 %		Phosphorus	74.64 mg	Vitamin D	0.54 µg
Trans	0.01 g	0.05 %		Potassium	153.13 mg	Thiamine	0.01 mg
Cholesterol	0.00 mg			Iron	0.52 mg	Riboflavin	0.01 mg
Linolenic acid	1.35 g			Calcium	51.48 mg	Niacin	0.31 mg
Alpha-linolenic acid	95.04 mg			Zinc	0.24 mg	Vitamin B6	0.04 mg
Carbohydrate	13.31 g	53.95 %		Magnesium	8.23 mg	Vitamin B12	0.00 µg
Sugars	2.95 g	11.95 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Selenium	8.92 µg	Vitamin C	0.00 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin E	0.27 mg
Fibre	0.99 g	1.90 %				Vitamin K	0.43 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	7.93 g	32.14 %				Water	52.81 g
Protein	4.68 g	18.96 %					
Alcohol	0.00 g	0.00 %					