

# Bacon Cheeseburger Mac & Cheese

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	11.13 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	1.042 gal		0%	4 lb 2.67 oz	Macaroni noodles, dry	Cook the pasta according to package directions. Drain and set aside.
<b>2</b>	73.8 ea		0%	1 lb 4.83 oz	Vegan bacon	In a large skillet, cook the vegan bacon according to package directions. Transfer to a cutting board and roughly chop. Place the bacon pieces in a large bowl.
<b>3</b>	8 1/3 tbsp		0%	0 lb 4.01 oz	Vegetable oil	In the same skillet, heat the vegetable oil over medium-high heat. Add the Hungry Planet Beef and cook, breaking up with a spatula, until lightly browned. Add the onion, garlic, and season with salt. Cook until the onion is translucent, 2-3 minutes. Transfer the beef mixture to the bowl with the bacon.
			0%	3 lb 2.00 oz	Hungry Planet Beef™	
	2.1 ea		0%	0 lb 8.08 oz	Onion, yellow, medium	
	~ 1/3 cup		0%	58 g	Garlic, raw, chopped	
	4 1/8 tsp		0%	0 lb 0.41 oz	Salt, kosher, Diamond Crystal	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 1/2 tbsp	0 lb 6.17 oz	0%	0 lb 6.17 oz	Vegan butter	Lower the heat to medium and melt the butter. Stir in the flour to form a paste and cook for 1 minute, stirring constantly. Slowly drizzle in the milk and stock, whisking constantly, until smooth. Whisk in the ketchup and cheese. Season the sauce with salt and pepper, to taste.
	~ 1 cup	0 lb 4.78 oz	0%	0 lb 4.78 oz	Wheat flour, white, all-purpose, enriched	
	2 1/8 qt	4 lb 7.43 oz	0%	4 lb 7.43 oz	Soymilk (all flavors), unsweetened, with added cal <i>Plain, unsweetened</i>	
	~ 1 qt	2 lb 1.33 oz	0%	2 lb 1.33 oz	Vegetable stock	
	~ 1 pt	1 lb 0.67 oz	0%	1 lb 0.67 oz	Ketchup	
	3 1/8 qt	3 lb 1.38 oz	0%	3 lb 1.38 oz	Vegan cheddar cheese, shredded	
		0.00 lb	0%	0.00 lb	Salt, kosher, Diamond Crystal <i>To taste</i>	
	0.00 lb	0%	0.00 lb	Spices, pepper, black <i>To taste</i>		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Add the beef/bacon mixture to the sauce and stir to combine. Gently fold in the cooked pasta. Stir on low heat until everything is warmed through.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	4 1/4 cup	2 lb 1.33 oz	0%	2 lb 1.33 oz	French's, fried onions	Serve the macaroni and cheese in bowls, garnished with fried onions (if using) and parsley.
	~ 1 pt	0 lb 3.75 oz	0%	0 lb 3.75 oz	Parsley, Italian, fresh, chopped	

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	23 lb 2.90 oz	25 %	17 lb 6.18 oz	0 %	17 lb 6.18 oz
Size of portion	14.84 oz		11.13 oz		11.13 oz

### NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		
<b>Total fat</b>	<b>11.64 g</b>	<b>38.71 %</b>	<b>266.01 kcal</b>	<b>Salt</b>	<b>0.78 g</b>	
Saturated	4.94 g	16.42 %	1,112.99 kJ	Salt	0.78 %	Vitamins
Monounsaturated	2.68 g	8.90 %	1.11 MJ	Sodium	313.15 mg	Vitamin A
Polyunsaturated	2.66 g	8.86 %		Phosphorus	78.61 mg	Vitamin D
Trans	0.02 g	0.08 %		Potassium	245.48 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.25 mg	Riboflavin
Linolenic acid	1.80 g			Calcium	78.90 mg	Niacin
Alpha-linolenic acid	206.44 mg			Zinc	0.45 mg	Vitamin B6
<b>Total Carbohydrate</b>	<b>32.11 g</b>	<b>49.04 %</b>		Magnesium	21.39 mg	Vitamin B12
Sugars	2.82 g	-0.25 %		Iodine	0.00 µg	Folate
Sugar	0.00 g			Selenium	16.57 µg	Vitamin C
Lactose	0.00 g			Copper	0.11 mg	Vitamin E
Fiber	2.83 g	2.03 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	18.14 g	27.71 %				Water
Protein	8.28 g	12.64 %				28.31 g
Alcohol	0.00 g	0.00 %				