

Whole Grain Cheeseburger Macaroni

Gage Whole Grain Cheeseburger Mac comes with great tasting, whole grain, high fiber, macaroni pasta and a cheddar cheese sauce mix. Just add milk, water and ground beef or poultry for a delicious low-cost meal.



Basic Recipe

- 1 #10 can Gage WG Cheeseburger Macaroni
- 6 3/4 lbs Cooked and Drained Ground Beef
- 3 1/2 quarts Hot Water
- 7 cups Milk

OVEN METHOD:

1. Combine cooked ground beef, the contents of this can, hot water, and milk in an 18 x 26 x 2 inch baking pan.
2. Cover tightly with foil and bake in preheated 425°F oven for 40 minutes.
3. Remove from oven (the product will be very watery) and stir well.
4. Top with cheese (grated or shredded) if desired and recover tightly until ready to serve.

Note: Product will thicken while standing. No additional baking is required.

Yield: 53 servings per can
318 servings per case

Meal Components Met Per Serving:
2 oz Meat and 1 Bread

Nutrition Facts

	Cheeseburger Macaroni, As Packaged		As Prepared with Ground Beef	
Serving Size	(29g)		(117g)	
Servings Per Container	53		53	
Amount Per Serving				
Calories	100		250	
Calories from Fat	10		90	
	% Daily Value*		% Daily Value*	
Total Fat	1.5g	2%	10g	15%
Saturated Fat	0.5g	3%	4g	20%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	50mg	17%
Sodium	500mg	21%	570mg	24%
Total Carbohydrate	20g	7%	22g	7%
Dietary Fiber	2g	8%	2g	8%
Sugars	4g		5g	
Protein	3g		19g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
	Vitamin A	0%		2%
	Vitamin C	0%		0%
	Calcium	2%		8%
	Iron	6%		15%



Ordering Information:
Item Code: G0322WG
Pack Size: 6 / #10 cans
Servings per Case: 318

Call 800.323.0233 or visit us at www.gagefoods.com to place your order!