

Traditional Macaroni and Cheese

Traditional Macaroni and Cheese is one of America's best known and most loved comfort foods.



INGREDIENTS

(Makes 2 Sides)

Onion, finely chopped	60g
Bacon, finely chopped	30g
U.S. Cheddar Cheese, medium aged, shredded	80g
Macaroni, cooked al dente and drained	180g
U.S. Fresh cream	120ml
Salt	To taste
Bread crumb	15g
Black Pepper - ground	1g
Dried basil*	0.5g

*For a different flavor twist, mustard and minced garlic can also be used for the topping.

NUTRITIONAL CONTENT

Per 100g

Calories	254kcal
Total Fat	17g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	58mg
Total Carbohydrates	15g
Dietary Fiber	1g
Sugars	1g
Protein	9g
Calcium	31mg
Magnesium	13mg
Phosphorus	77mg
Potassium	92mg
Sodium	280mg
Iron	1mg
Vitamin A	381IU
Vitamin C	1mg

PREPARATION

- Sauté the onion and bacon in a hot pan until the onions are translucent.**
- Reduce to medium heat, add fresh cream and cook until simmering.**
- Add cheddar cheese and blend until incorporated.**
- Fold in macaroni and salt.**
- Pour into two oven ready dishes.**
- Mix bread crumbs with pepper and dried basil* and top macaroni mixture.**
- Bake at 200°C (390°F) for 4-5 min. to brown bread crumbs lightly.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.