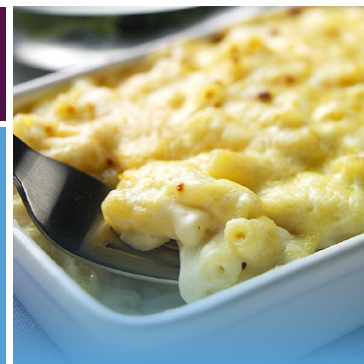


# Pepper Jack Mac & Cheese

Traditionally comforting with a flavorful twist. Made with reduced-fat pepper jack cheese, this delicious entrée trims the fat without sacrificing flavor or performance.\* Using dairy ingredients adds functionality, flavor and nutrition.



## MARKET INSIGHTS

- Time-crunched consumers are seeking in-home meal solutions like quick prep foods and healthier frozen entrées
- Consumers are looking for lower fat cheese options without sacrificing taste
- Approximately 95% of consumers love the taste of cheese and value it as an ingredient
- Real cheese matters — consumers are willing to pay more for a frozen mac and cheese dinner made with real cheese

## INGREDIENTS

	Usage Levels (%)
Reduced-Fat Evaporated Milk – Carnation Evaporated Low-Fat 2% Milk	32.60
Elbow Noodles – Barilla	22.03
Milk, 2%	17.90
50% Reduced-Fat Pepper Jack Cheese	10.87
Pepper Jack Cheese	5.43
White Pasteurized Prepared Cheese Product with Jalapenos	5.43
Red Jalapeno Peppers, 1/8" diced – SupHerb Farms Fresh Frozen	0.88
Cilantro Paste – SupHerb Farms	0.88
Roasted Poblano Peppers, 1/4" diced – SupHerb Farms Fresh Frozen	0.87
Garlic Puree – The Garlic Company	0.87
Grated Lime Peel	0.87
Starch – Tate and Lyle Maxigel 445	0.78
Salt	0.59
<b>Total</b>	<b>100.00</b>

## BENEFITS OF USING U.S. DAIRY

### Reduced-fat Evaporated Milk

- Enhances flavor and functionality
- Mild flavor that blends well with other flavors

### Reduced-fat Evaporated Milk

- Reduced-fat cheese can deliver on consumer demand without sacrificing flavor or performance
- Cheese is a delicious way to add nutritional value to products, including protein and calcium
- Cheese flavor and functionality can be tailored to specific applications

### Milk 2%

- Contributes to nutrient value with protein and calcium

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 1 cup (206g)  
Servings Per Container

Amount Per Serving		
Calories 380		Calories from Fat 110
		% Daily Value*
<b>Total Fat</b> 12g		<b>18%</b>
Saturated Fat 7g		<b>35%</b>
Trans Fat 0g		
<b>Cholesterol</b> 45mg		<b>15%</b>
<b>Sodium</b> 950mg		<b>40%</b>
<b>Potassium</b> 350mg		<b>10%</b>
<b>Total Carbohydrate</b> 47g		<b>16%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 11g		
<b>Protein</b> 23g		<b>33%</b>

Vitamin A 10% • Vitamin C 0%

Calcium 50% • Iron 8%

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*Contains 48% less fat than regular pepper jack macaroni and cheese. Fat has been reduced from 23 to 12 grams per serving. See Nutrition Facts for saturated fat and sodium levels.

# Pepper Jack Mac & Cheese

## PREPARATION

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1. **Cook pasta according to directions, drain and set aside.**
2. **Shred the cheese.**
3. **Heat a sauté pan on medium heat, add peppers, grated lime peel, cilantro paste and garlic puree, stir until slightly softened. Set aside.**
4. **Whisk the starch into cold 2% milk and heat the mixture until boiling, stirring constantly, until sauce has thickened.**
5. **Stir the salt into the hot mixture.**
6. **Add the evaporated milk to the heated starch and milk mixture. Heat while stirring to a boil, then reduce to a simmer.**
7. **Turn off the heat, gradually mix in all of the pasteurized prepared cheese product, pepper jack cheese and 50% reduced-fat pepper jack cheeses until melted and smooth.**
8. **Add sautéed peppers and spice mixture to the pepper jack and mac, and stir.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.