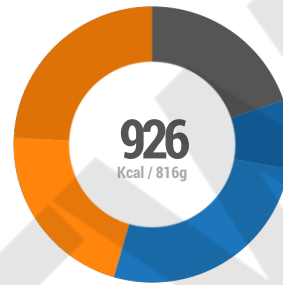


# Macaroni Cheese

By Annina Roseby

Overview ...

U / 9041968



CALORIES:

**34.7% Carbs**

**19.8% Protein**

**45.5% Fat**

Food Labelling...

EU Label values per 816g serving:

Serves **1**

	PER 816G	%RI
Energy(Kj)	<b>3917</b> kJ	47%
Energy(kcal)	<b>936</b> kcal	47%
Fat	<b>47</b> g	<b>67%</b>
<i>of which saturates</i>	<b>25</b> g	<b>125%</b>
Carbohydrate	<b>79</b> g	30%
<i>of which sugars</i>	<b>19</b> g	<b>21%</b>
Fibre	<b>7</b> g	28%
Protein	<b>46</b> g	92%
Salt	<b>3.5</b> g	<b>58%</b>

CONTAINS:



WHEAT,  
BARLEY



MILK



FISH



MUSTARD

MAY CONTAIN:



OATS, RYE



EGGS



CELERY



SOYA


Nutrient Breakdown per 816g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 46% RI	<b>926kcal</b>	Saturated Fat <b>125% RI</b>	Vitamin A (ret eq) 27% RI
Energy(Kj) 46% RI	<b>3880kJ</b>	Monounsaturated fat 19% RI	Retinol
		<i>cis-Mono</i>	41ug
		Polyunsaturated fat 19% RI	Carotene
		<i>Omega3(n-3)</i> 1% RI	157ug
		<i>Omega6(n-6)</i> 2% RI	Vitamin D 85% RI
		<i>cis-Poly</i>	Vitamin E 31% RI
		Trans-fatty acids	Vitamin K <sub>1</sub> 24% RI
		Cholesterol	18ug
			Thiamin (B <sub>1</sub> ) 50% RI
			0.5548mg
			Riboflavin (B <sub>2</sub> ) 65% RI
			0.9084mg
			Niacin total (B <sub>3</sub> ) 26% RI
			4.2mg
			Niacin 30% RI
			4.9mg
			Tryptophan
			138mg
			Pantothenic Acid (B <sub>5</sub> ) 49% RI
			3mg
			Vitamin B <sub>6</sub> 39% RI
			0.5496mg
			Folates (B <sub>9</sub> ) Total 42% RI
			84ug
			Vitamin B <sub>12</sub> 102% RI
			2.5ug
			Biotin (B <sub>7</sub> ) 26% RI
			12.9ug
			Vitamin C 29% RI
			23.3mg
			<b>Other</b>
			GI (estimated)
			17
			GL
			13.4

Recipe Ingredients ...	Quantity:	Description:
Compleat Paediatric	<b>250ml</b>	0.5x Per bottle
Water, tap, drinking	<b>150g</b>	0.75x Average glass
Colman's Cheddar Cheese Sauce Mix 40g	<b>25g</b>	
Pasta, white, dried, boiled in unsalted water	<b>50g</b>	1.25x Small portion
Milk, semi-skimmed, pasteurised, average	<b>216g</b>	1.6x On cereal (30-35g portion )
Peas, frozen, boiled in unsalted water	<b>50g</b>	2 tablespoon
Cathedral City Mature Cheese 550g	<b>75g</b>	2.5x per 30g serving

Portions / Pack Sizes ...

**1 Serving**



**816g / 936kcal**