

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:

- Combine cooked ground beef, the contents of this can, hot water, and milk in an 18 x 26 x 2 inch baking pan.
- Cover tightly with foil and bake in preheated 425°F oven for 40 minutes.
- Remove from oven (the product will be very watery) and stir well.
- 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

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		260	
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		510mg	21%	580mg	24%
Total Carbohydrate		21g	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.		Vitamin A		0%	2%
		Vitamin C		0%	0%
		Calcium		2%	8%
		Iron		4%	15%
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					



Ordering Information:
Item Code: G0322
Pack Size: 6 / #10 cans
Servings per Case: 318

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