

M&C and Alfredo

IDDSI Levels 4-7

For Level 4, whisk Rubicon M&C or Alfredo Base Mix with Puree Pasta Mix and water, then heat until thickened. For Level 7, prepare with regular pasta; soften and cut for Level 6, or finely mince for Level 5. Test modified textures before serving.



IDDSI Level 4 Puree M&C and Alfredo

Ingredients	Yield: (5) #10 Scoops (130g per serving)
Rubicon Macaroni & Cheese Base Mix #18104 or Rubicon Alfredo Base Mix #19104	1/2 cup (60 g)
Rubicon Puree Pasta Mix #20213	3/4 cup (120 g)
Tap Water	2 cups (472 g)

Preparation

1. Pour tap water into a stovetop pan.
2. Add in the cheese base mix and slowly whisk in the puree pasta mix.
3. While continuing to stir on medium heat, bring the mixture to 180° - 190° F.
4. Transfer to a serving pan and hold covered on the serving line according to state regulations.
5. Serve using a #10 scoop.
6. For optional puree shaped macaroni & cheese, run the #10 scoop through the shaping ricer onto the plate. (Shaping ricer available upon request by Rubicon Foods.)
7. To achieve 14g protein, match up with 2 oz. of puree ham.

Recipe Nutrition

M&C Recipe Nutrition

3.25 oz. #10 Scoop (130g)

Calories 120 • Total Fat 4g
Cholesterol 2mg • Sodium 345mg
Total Carbs 24g • Fiber 1g
Sugars 3g • Protein 3g

Alfredo Recipe Nutrition

3.25 oz. #10 Scoop (128g)

Calories 110 • Total Fat 4g
Cholesterol 3mg • Sodium 410mg
Total Carbs 21g • Fiber 1g
Sugars 2g • Protein 3g

M&C and Alfredo

Level 7 - Regular | Recipe Summary

Cooked-pasta recipes provide the starting point for Levels 6 and 5.

Macaroni & Cheese



Combine Rubicon M&C Base Mix #18104, hot water and uncooked elbow pasta. Cover and bake at 350°F (convection) for 40 minutes, then stir in shredded cheddar and sour cream.

Alfredo



Combine Rubicon Alfredo Base Mix #19104, hot water and uncooked penne pasta. Cover and bake at 350°F (convection) for 40 minutes, then stir in cream cheese, Parmesan and optional parsley.

Each original batch yields 11 one-cup servings. Bake 10 minutes longer if liquid remains or when preparing larger batches.

Level 6 - Soft & Bite-Sized



Cut soft cooked pasta into pieces no larger than **1.5 cm x 1.5 cm for adults**. Keep moist with a smooth sauce and no separate thin liquid.

Check: With the IDDSI Fork Pressure Test, press until the thumbnail turns white. Pasta should squash completely and remain squashed.

Level 5 - Minced & Moist



Finely mince soft pasta to particles **no more than 4 mm wide and 15 mm long for adults**. Keep moist and cohesive, with no separate thin liquid.

Check: Particles mash easily with light fork pressure, **without the thumbnail turning white**. Food mounds on a fork without liquid dripping or loose crumbles. It holds its shape on a spoon, then slides off when tilted or gently flicked, leaving little residue. It must not be firm or sticky.

Adult texture guidance: IDDSI Framework and Testing Methods | iddsi.org

Check at serving temperature and follow the resident's prescribed IDDSI level. Processing alone does not establish that a dish meets the required level.