

M&C AND ALFREDO

IDDSI LEVELS 4-7



Mix the Rubicon Cheese Base Mixes in with the Purée Pasta Mix for a safe, consistent texture.

For IDDSI levels 5 & 6 - Follow pasta recipe instructions. Hand chop or slowly pulse in food processor until pasta is correct size. May add a small amount of milk to moisten. Test using IDDSI testing procedures.



Level 6 - soft & bite sized



Level 5 - minced & moist

IDDSI Level 4 Purée M&C and Alfredo



Yield: (5) 3.25 oz. #10 Scoops (130g per serving)

Rubicon Macaroni & Cheese Base Mix #18104 or Rubicon Alfredo Base Mix #19104	1/2 cup (65g M&C, 50g alfredo)
Rubicon Purée Pasta Mix #20213	3/4 cup (120g)
Tap Water	2 cups (472g)

1. Pour tap water into a stovetop pan.
2. Add in the cheese base mix and slowly whisk in the purée 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 purée shaped macaroni & cheese, run the #10 scoop through the shaping ricer onto the plate. (Shaping ricer supplied upon request by Rubicon Foods.)
7. To achieve 14g protein, match up with 2 oz. of puree ham.



Contact Rubicon to receive your free purée ricer provided with pasta order.

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



Steps 1-3



Step 4



Steps 5-6

EASILY TRAIN YOUR STAFF WITH 2 MINUTE TRAINING VIDEOS

Scan the QR code or go to www.rubiconfoods.com/macaroni-and-cheese



Contact us for samples or questions.

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