

## Brocco-Flower Mac 'n' Cheese

Ingredients: Cauliflower (44%), Cooked Macaroni (22%) (Water, Rice, Quinoa), **Milk**, Broccoli, Gouda Cheese (2.7%) (**Milk**), Unsalted Butter (**Milk**), **Wheat** Flour, Salt, Pepper, Nutmeg, Worcestershire Sauce.

**Contains milk & wheat.**

NUTRITION INFORMATION		
Servings per Package:	1	
Serving Size:	180 g	
	Ave Quantity per Serving	Ave Quantity per 100g
Energy	732 kJ	407 kJ
Protein	6.7 g	3.7 g
Fat, total	6.0 g	3.4 g
- saturated	3.7 g	2.0 g
Carbohydrate	21.7 g	12.0 g
- sugars	3.5 g	1.9 g
Sodium	141 mg	78 mg
Potassium	387 mg	215 mg

<b>Cauli mac'n Cheese</b>		
<b>White Sauce</b>		
Butter	100	
Flour	100	
Milk	1200	
Worstershire sauce	1.25	
Salt	5	
Pepper	2.5	
Nutmeg	2	
Broccoli	250	
Cheese	150	
		1810.75
<b>Vege</b>		
Cauli	700	
Cooked Maccaroni	200	
		900
<b>Final 180g Cauli Macn Cheese</b>		
Cooked maccaroni	40	
Cooked Cauliflower	80	
White Sauce	60	
		180

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