

Smokey Kale and Caramelized Onion Whole Grain Macaroni & Cheese



Build using Stouffer's® Macaroni and Cheese for the Street Food Action Station

Yield	11 oz.
Serves	1
Preparation time	2 minutes
Cooking time	1 minute

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1 cup		STOUFFER'S® Macaroni and Cheese made with Whole Grains 4x64oz US	hot
2	oz	1/4 cup		Kale, plain	braised, chopped
1/2	oz	1 tbsp		Red onions	caramelized
1/4	oz	1 tbsp		Ham, 25% less sodium	diced
1/4	oz	1 tbsp		Gouda cheese	smoked, shredded

Preparation Steps

1. Scoop 1 portion of macaroni and cheese into a mixing bowl.
2. Combine macaroni with chosen customizable options.
3. Place customized macaroni and cheese into a serving dish and top with guest's choice of additional garnishes.

Chef's tip

Top with toasted breadcrumbs and a few dashes of hot sauce.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	382.8
Energy (Kj)	1684.1
Protein (g)	18.3
Carbohydrate, total (g)	36.9
Fats, total (g)	18.7
Sugars, total (g)	6.8
Fats, saturated (g)	7.6
Fiber, total dietary (g)	3.3
Sodium (mg)	984.9
Calcium (mg)	423.9
Cholesterol (mg)	38.4
Iron (mg)	20.5
Fats, monounsaturated (g)	4.9
Fats, polyunsaturated (g)	4.3
Vitamin A (µg_RAE)	447.7
Vitamin C (mg)	71.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.