



Reduced Fat Pepper Jack and Mac

Reduced Fat Pepper Jack and Mac Formulation:

Ingredient:	Usage Levels (%):
Reduced Fat Evaporated Milk	33.60
Elbow Noodles – Barilla Elbow Noodles	22.03
2% Milk	17.90
50% Reduced Fat Pepper Jack Cheese	10.87
Pepper Jack Cheese	5.43
White Pasteurized Prepared Cheese Product with Jalapenos	5.43
Fresh Frozen Red Jalapeno Peppers Diced – SupHerb Farms	0.88
Fresh Frozen Cilantro Paste - SupHerb Farms	0.88
Fresh Frozen Roasted Poblano Peppers – SupHerb Farms	0.87
Fresh Frozen Garlic Puree – The Garlic Company	0.87
Fresh Grated Lime Peel	0.87
Starch – Tate and Lyle Maxigel 445	0.78
Salt	0.59
TOTAL	100%

Procedure:

1. Cook pasta according to directions, drain and set aside.
2. Shred the cheese.
3. Heat a sauté pan on medium heat, add peppers, gradate lime peel, cilantro paste, and garlic puree, stir until slightly softened. Set aside.
4. Whisk the starch into cold 2% milk and heat the mixture until boiling, stirring constantly, until sauce has thickened.
5. Stir the salt into the hot mixture.
6. Add the evaporated milk to the heated starch and milk mixture. Heat while stirring to a boil, then reduce to a simmer.
7. Turn off the heat, gradually mix in all of the white pasteurized prepared cheese product with jalapenos, pepper jack cheese, and 50% reduced fat pepper jack cheeses until melted and smooth.
8. Add sautéed peppers and spice mixture to the pepper jack and mac, and stir.

Nutrition Information:

Nutrition Facts	
Serving Size 1 cup (206g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 950mg	40%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 23g	
Vitamin A 10%	Vitamin C 0%
Calcium 50%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Developed at the Dairy Products Technology Center, Cal Poly State University, San Luis Obispo.

Note: This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs.