

# PLANT-BASED KICKIN' POPCORN LOADED MAC'N CHEESE

**rebellyous**  
*Kickin' Popcorn*

per  
serving



2.25 MMA CREDITS  
.25 GRAIN CREDIT

## INGREDIENTS

- ½ cup prepared elbow macaroni
- 3 oz cheese sauce (Land O Lakes)
- 8 pieces of Kickin Popcorn
- 1 Tablespoon of finely sliced green onions

## PREPARATION

1. Preheat oven to 400F
2. Place Kickin Popcorn on parchment paper lined baking sheet one layer deep
3. Cook for approximately 8 minutes or until internal temperature of 165F is reached  
HACCP – Critical Control Point: Hold at internal temperature of 135°F or above.
4. Prepare macaroni according to manufacturer instructions
5. Rethermalize cheese sauce
6. Finely slice green onions

## ASSEMBLY

Portion prepared macaroni and cheese then top with green onions and cooked Kickin Popcorn

## Nutrition Facts

Serving size 1 wrap

<b>Calories</b>	<b>466</b>
<b>Fat Calories</b>	<b>213.8</b>
Amount per serving	
<b>Total Fat</b>	<b>24.3 g</b>
Saturated Fat	7.4 g
Trans Fat	0.0 g
<b>Cholesterol</b>	29.6 mg
<b>Sodium</b>	766 mg
<b>Total Carb</b>	40.2g
Dietary Fiber.	4.5g
Sugars	1.9g
Added Sugars	0.0g
<b>Protein</b>	25.2 g
<b>Vitamin D</b>	31.9 mcg
<b>Calcium</b>	250.6 mg
<b>Iron</b>	1.2 mg
<b>Potassium</b>	151.1 mg

**NO HARM. NO FOWL.®**

HACCP – Standard Operating Procedure – Use hand washing procedures before starting recipe. Wash all produce before starting this recipe.

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