

# Seafood Macaroni Casserole

Mrs. Claude Platte

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 box (7-1/2 ounce) macaroni and cheese dinner

1 can (10-1/2 ounce) cream of chicken soup

2 cans (4-1/2 ounce ea) shrimp, drained

1/2 teaspoon Worcestershire sauce

1/4 cup bell pepper, chopped salt (to taste)

pepper (to taste)

crushed crackers

butter or margarine

Preheat the oven to 350 degrees.

Prepare the macaroni and cheese according to package directions, except increase the amount of milk to 1-1/2 cups.

Stir in the soup, shrimp, Worcestershire sauce, bell pepper, salt and pepper. Pour into a greased 1-1/2 quart casserole. Sprinkle cracker crumbs on top. Dot with butter.

Bake for 45 minutes.

(This dish freezes well.)

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Per Serving (excluding unknown items): 35 Calories; 2g Fat (48.2% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 257mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	35
% Calories from Fat:	48.2%
% Calories from Carbohydrates:	34.3%
% Calories from Protein:	17.5%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

