

# Slow Cooker Mac & Cheese

Gwen  
[www.SlowCookerKitchen.com](http://www.SlowCookerKitchen.com)

1 pound pasta  
1 cup milk  
1 can cream soup (any type)  
1/2 cup butter  
1 package (8 ounce) cream cheese  
3 cups shredded cheeses

**Preparation Time: 10 minutes**

**Slow Cooker: 6 hours**

Spray the slow cooker insert with cooking spray.

Spray a large skillet with cooking spray. Add the pasta. Cover the pasta with tap water, just covering.

Cover and cook on high heat for 5 minutes.

Place the pasta in the crockpot. Cover with the milk, soup, butter, cream cheese and shredded cheeses. Mix well.

Cover and cook on LOW for four to six hours or on HIGH for two and one-half to three hours.

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Per Serving (excluding unknown items): 3457 Calories; 188g Fat (49.0% calories from fat); 84g Protein; 357g Carbohydrate; 11g Dietary Fiber; 536mg Cholesterol; 1774mg Sodium. Exchanges: 22 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Non-Fat Milk; 34 1/2 Fat.

Side Dishes, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3457	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	49.0%	<b>Vitamin B12 (mcg):</b>	2.0mcg
<b>% Calories from Carbohydrates:</b>	41.3%	<b>Thiamin B1 (mg):</b>	4.8mg
<b>% Calories from Protein:</b>	9.8%	<b>Riboflavin B2 (mg):</b>	2.9mg
<b>Total Fat (g):</b>	188g	<b>Folacin (mcg):</b>	128mcg
<b>Saturated Fat (g):</b>	114g	<b>Niacin (mg):</b>	35mg
<b>Monounsaturated Fat (g):</b>	53g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	0

**0% Refused:** 0 0%

<b>Grain (Starch):</b>	22 1/2
<b>Lean Meat:</b>	2 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	1
<b>Fat:</b>	34 1/2
<b>Other Carbohydrates:</b>	0

### Amount Per Serving

**% Daily Values\***

<b>Vitamin A</b>	142%
<b>Vitamin C</b>	4%
<b>Calcium</b>	59%
<b>Iron</b>	114%

\* Percent Daily Values are based on a 2000 calorie diet.