## **Tomato Mac and Cheese**

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#### Servings: 5

1 can (10-3/4 ounce) condensed Cheddar Cheese soup 1 cup traditional Italian sauce 1/3 cup milk 2 cups elbow pasta, cooked and drained Parmesan cheese, grated

# Preparation Time: 20 minutes Cook Time: 5 minutes

In a three-quart saucepan over medium heat, heat the soup, milk and pasta until the mixture is hot and bubbling, serving occasionally.

Serve with the cheese.

Per Serving (excluding unknown items): 10 Calories; 1g Fat (48.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 2mg Cholesterol; 8mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat.

Pasta

#### Dar Camina Mutritional Analysis

Calories (kcal):	10	Vitamin B6 (mg):	trace
% Calories from Fat:	48.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	30.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	(***3)**	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	2mg		
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0
Potassium (mg):	24mg	Fruit:	0
Calcium (mg):	19mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

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Vitamin C (mg):traceVitamin A (i.u.):20IUVitamin A (r.e.):6RE

### **Nutrition Facts**

Servings per Recipe: 5

Total Fat         1g         1%           Saturated Fat         trace         2%           Cholesterol         2mg         1%           Sodium         8mg         0%           Total Carbohydrates         1g         0%	Amount Per Serving		
Total Fat         1g         1%           Saturated Fat         trace         2%           Cholesterol         2mg         1%           Sodium         8mg         0%           Total Carbohydrates         1g         0%	Calories 10	Calories from Fat: 5	
Saturated Fat trace 2% Cholesterol 2mg 1% Sodium 8mg 0% Total Carbohydrates 1g 0%		% Daily Values*	
Protein 1g	Saturated Fat trace  Cholesterol 2mg  Sodium 8mg  Total Carbohydrates 1g  Dietary Fiber 0g	2% 1% 0%	

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.