

Macaroni Casserole II

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*1/4 cup onions, chopped
1/4 cup bell pepper, chopped
1 package (8 ounce) macaroni
1 cup mayonnaise
1 can mushroom soup
1 small jar pimiento, chopped
1 cup Cheddar cheese, grated*

Preheat the oven to 350 degrees.

In a pot, boil together the onions, bell pepper and macaroni. Drain.

Add the mayonnaise, soup, pimiento and cheese. Mix well.

Pour into a greased 13x9-inch baking dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 2581 Calories; 235g Fat (78.7% calories from fat); 47g Protein; 96g Carbohydrate; 4g Dietary Fiber; 198mg Cholesterol; 2846mg Sodium. Exchanges: 5 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 22 1/2 Fat.

Pasta, Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2581
% Calories from Fat:	78.7%
% Calories from Carbohydrates:	14.2%
% Calories from Protein:	7.0%
Total Fat (g):	235g
Saturated Fat (g):	53g
Monounsaturated Fat (g):	62g
Polyunsaturated Fat (g):	97g
Cholesterol (mg):	198mg
Carbohydrate (g):	96g
Dietary Fiber (g):	4g
Protein (g):	47g

Vitamin B6 (mg):	1.6mg
Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	78mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	5 1/2
Lean Meat:	4

Sodium (mg): 2846mg
Potassium (mg): 609mg
Calcium (mg): 935mg
Iron (mg): 7mg
Zinc (mg): 6mg
Vitamin C (mg): 49mg
Vitamin A (i.u.): 2450IU
Vitamin A (r.e.): 547 1/2RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2581 **Calories from Fat:** 2032

% Daily Values*

Total Fat	235g	362%
Saturated Fat	53g	263%
Cholesterol	198mg	66%
Sodium	2846mg	119%
Total Carbohydrates	96g	32%
Dietary Fiber	4g	18%
Protein	47g	
Vitamin A		49%
Vitamin C		82%
Calcium		94%
Iron		38%

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