

Macaroni Casserole

Betty J. Smith - Fayetteville, NC
Southern Living - 1987 Annual Recipes

Servings: 6

1 package (14 ounce) deluxe
macaroni and cheese dinner
1 can (10-3/4 ounce) cream of
mushroom soup, undiluted
1 jar (4 ounce) diced pimientos,
drained
1/4 cup green pepper, chopped
1/4 cup onion, chopped
1/2 cup milk
1/3 cup mayonnaise
1/2 cup (2 ounces) sharp American
cheese, shredded

Preheat the oven to 400 degrees.

Cook the macaroni according to package
directions, omitting the salt. Drain well.

Add the pouch of cheese sauce from the
package, soup, pimiento, green pepper, onion,
milk and mayonnaise. Mix well.

Spoon into a lightly greased two-quart casserole.

Bake, uncovered, for 20 minutes.

Sprinkle with the cheese. Bake for 5 more
minutes.

Per Serving (excluding unknown
items): 125 Calories; 12g Fat
(85.4% calories from fat); 1g
Protein; 3g Carbohydrate; trace
Dietary Fiber; 7mg Cholesterol;
251mg Sodium. Exchanges: 0
Grain(Starch); 0 Vegetable; 0 Non-
Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	125	Vitamin B6 (mg):	.1mg
% Calories from Fat:	85.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	10.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	5mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	7mg	% Refuse:	0 0%

Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	251mg
Potassium (mg):	73mg
Calcium (mg):	36mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	99IU
Vitamin A (r.e.):	18 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	125	Calories from Fat: 107
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% Daily Values*

Total Fat	12g	19%
Saturated Fat	2g	11%
Cholesterol	7mg	2%
Sodium	251mg	10%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	2%
Vitamin C	11%
Calcium	4%
Iron	1%

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