# **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.)

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

#### Bar Camina Nutritianal Analysia

Calories (kcal):	35	Vitamin B6 (mg):	trace
% Calories from Fat:	48.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	34.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg
Saturated Fat (g):	-9 1g	Niacin (mg):	trace
Monounsaturated Fat (g):		Caffeine (mg):	0mg
	1g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	trace	% Pofuso	0 በ%
Cholesterol (mg):	7mg	Food Exchanges	
Carbohydrate (g):	3g		

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	257mg	Vegetable:	0
Potassium (mg):	49mg	Fruit:	0
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	205IU		
Vitamin A (r.e.):	21 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 4

Amount Per Serving

Calories 35	Calories from Fat: 17
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 1g	3%
Cholesterol 7mg	2%
Sodium 257mg	11%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 2g	
Vitamin A	4%
Vitamin C	16%
Calcium	1%
Iron	2%

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