

Cheesy Mac & Meatballs

ArmourMeats.com

Servings: 5

*1 1/2 cups elbow macaroni,
uncooked
1 package (14 ounce) Armour
original bite-size meatballs, thawed
1 can (10-3/4 ounce) condensed
cheddar cheese soup
1 cup milk
shredded Cheddar cheese (optional)*

Preparation Time: 5 minutes

Cook the pasta according to package directions.

Meanwhile, cut the meatballs in half.

In a large saucepan over medium heat, combine the condensed soup and milk, stirring until smooth.

Stir in the meatballs. Cover and simmer for 5 minutes or until the meatballs are hot.

Drain the macaroni. Stir into the meatball mixture.

Top with Cheddar cheese, if desired.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 93 Calories; 2g Fat (18.5% calories from fat); 4g Protein; 15g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 25mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	93	Vitamin B6 (mg):	trace
% Calories from Fat:	18.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	65.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	7mg
Carbohydrate (g):	15g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	25mg
Potassium (mg):	102mg
Calcium (mg):	61mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	61IU
Vitamin A (r.e.):	18 1/2RE

% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 93 Calories from Fat: 17

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 7mg	2%
Sodium 25mg	1%
Total Carbohydrates 15g	5%
Dietary Fiber trace	2%
Protein 4g	

Vitamin A	1%
Vitamin C	1%
Calcium	6%
Iron	4%

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