

Johnsonville Kielbasa Mac n Cheese

Johnsonville Sausage

Servings: 4

1 package (13.5 ounce) Johnsonville Polish Kielbasa Sausage, sliced 1/4-inch thick
3 1/4 cups water
1 can (12 ounce) evaporated milk
3 cups (12 ounces) elbow macaroni
2 teaspoons hot pepper sauce
1 teaspoon cornstarch
12 ounces (3 cups) sharp Cheddar cheese, shredded
8 ounces (2 cups) Monterey Jack cheese, shredded

In a twelve-inch nonstick skillet over medium-high heat, brown the kielbasa for 7 to 9 minutes. Transfer to a paper towel-lined plate. Wipe out the skillet.

In the now-empty skillet, bring the water, milk and salt to a simmer over medium-high heat. Add the pasta and cook, stirring often, until al dente, 8 to 10 minutes.

Whisk the remaining 1/4 cup of evaporated milk, the hot sauce and cornstarch together in a bowl. Stir into the pasta. Bring to a simmer and cook until slightly thickened, about 1 minute.

Off heat, stir in the Cheddar, Monterey Jack and Kielbasa. Serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 2301 Calories; 186g Fat (72.7% calories from fat); 144g Protein; 13g Carbohydrate; trace Dietary Fiber; 577mg Cholesterol; 3457mg Sodium. Exchanges: 0 Grain(Starch); 19 1/2 Lean Meat; 1/2 Non-Fat Milk; 25 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	2301	Vitamin B6 (mg):	.4mg
% Calories from Fat:	72.7%	Vitamin B12 (mcg):	4.8mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.1%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	186g	Folacin (mcg):	108mcg
Saturated Fat (g):	118g	Niacin (mg):	1mg
			0mg

Monounsaturated Fat (g): 53g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 577mg
Carbohydrate (g): 13g
Dietary Fiber (g): trace
Protein (g): 144g
Sodium (mg): 3457mg
Potassium (mg): 711mg
Calcium (mg): 4309mg
Iron (mg): 4mg
Zinc (mg): 18mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 6007IU
Vitamin A (r.e.): 1772 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refuse: 0 n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 19 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 25
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 2301 **Calories from Fat:** 1672

% Daily Values*

Total Fat	186g	286%
Saturated Fat	118g	589%
Cholesterol	577mg	192%
Sodium	3457mg	144%
Total Carbohydrates	13g	4%
Dietary Fiber	trace	0%
Protein	144g	
Vitamin A		120%
Vitamin C		5%
Calcium		431%
Iron		23%

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