

Mac and Cheese with Bacon and Tomato

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

1 box macaroni and cheese
1/4 cup milk
4 tablespoons butter, divided
9 slices thick bacon, cooked and crumbled
1/2 cup red or green bell pepper, diced
1 cup fresh tomatoes, diced

In a pot, boil the macaroni in lightly salted water for 5 minutes until it is al dente. Drain.

Saute' the onions and pepper in two tablespoons of the butter.

Return the macaroni to the pot and stir in the milk.

Add the remaining butter, vegetables and the cheese packet. Mix well until the cheese packet is dissolved.

Serve.

Per Serving (excluding unknown items): 482 Calories; 49g Fat (87.7% calories from fat); 4g Protein; 11g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 515mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Non-Fat Milk; 9 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	482
% Calories from Fat:	87.7%
% Calories from Carbohydrates:	9.0%
% Calories from Protein:	3.2%
Total Fat (g):	49g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	132mg
Carbohydrate (g):	11g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	32mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 4g
 Sodium (mg): 515mg
 Potassium (mg): 509mg
 Calcium (mg): 95mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 35mg
 Vitamin A (i.u.): 2938IU
 Vitamin A (r.e.): 564 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 9 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 482 Calories from Fat: 423

% Daily Values*

Total Fat	49g	75%
Saturated Fat	30g	150%
Cholesterol	132mg	44%
Sodium	515mg	21%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	8%
Protein	4g	
Vitamin A		59%
Vitamin C		59%
Calcium		10%
Iron		5%

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