

Smoked Barbecue Mac 'n Cheese

*Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370*

Servings: 8

*1 box (8 ounce) elbow macaroni
1 can (12 ounce) evaporated milk
1 1/2 cups milk
12 ounces prepared cheese product,
shredded
1 teaspoon salt
3/4 teaspoon ground mustard
1/2 teaspoon freshly ground black
pepper
1/4 teaspoon ground red pepper
(Cayenne)
1/2 pound shredded smoked pork
1/4 cup barbecue sauce
1 cup (4 ounce) sharp Cheddar
cheese, shredded
additional barbecue sauce (if desired)
sliced green onions (if desired)*

Preparation Time: 10 minutes

Spray a three-quart slow cooker with cooking spray.

Cook, and drain, the macaroni as directed on the package (except cook only for 8 minutes).

In a large bowl, mix the evaporated milk, milk, cheese product, salt, mustard, black pepper and red pepper. Stir in the macaroni. Pour the mixture into the slow cooker.

Cover and cook on LOW heat setting for three hours.

In a small bowl, mix the pork and 1/4 cup of barbecue sauce. Stir the macaroni and cheese in the slow cooker. Top with the pork. Sprinkle with the Cheddar cheese.

Cover and cook for one hour longer or until set in the center.

Serve with additional barbecue sauce. Garnish with the green onions.

Start to Finish Time: 4 hours 10 minutes

Per Serving (excluding unknown items): 160 Calories; 9g Fat (49.8% calories from fat); 8g Protein; 12g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 474mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Pasta, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	160
% Calories from Fat:	49.8%
% Calories from Carbohydrates:	29.7%
% Calories from Protein:	20.6%
Total Fat (g):	9g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	30mg
Carbohydrate (g):	12g
Dietary Fiber (g):	trace
Protein (g):	8g
Sodium (mg):	474mg
Potassium (mg):	206mg
Calcium (mg):	244mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	401IU
Vitamin A (r.e.):	92 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	160	Calories from Fat: 80
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% Daily Values*

Total Fat	9g	14%
Saturated Fat	5g	27%
Cholesterol	30mg	10%
Sodium	474mg	20%
Total Carbohydrates	12g	4%
Dietary Fiber	trace	1%
Protein	8g	
Vitamin A		8%
Vitamin C		3%
Calcium		24%
Iron		3%

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