

# Tomato Mac and Cheese

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## Servings: 5

1 can (10-3/4 ounce) condensed  
Cheddar Cheese soup  
1 cup traditional Italian sauce  
1/3 cup milk  
2 cups elbow pasta, cooked and  
drained  
Parmesan cheese, grated

## Preparation Time: 20 minutes

## Cook Time: 5 minutes

In a three-quart saucepan over medium heat, heat the soup, milk and pasta until the mixture is hot and bubbling, serving occasionally.

Serve with the cheese.

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Per Serving (excluding unknown items): 10 Calories; 1g Fat (48.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 2mg Cholesterol; 8mg Sodium. Exchanges: 0 Non-Fat Milk; 0 Fat.

Pasta

## Per Serving Nutritional Analysis

Calories (kcal):	10	Vitamin B6 (mg):	trace
% Calories from Fat:	48.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	30.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	n n%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0
Potassium (mg):	24mg	Fruit:	0
Calcium (mg):	19mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

