



Tomato Mac 'n' Cheese

READY IN



20 min.

SERVINGS



5

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce condensed cream of cheddar cheese soup canned
- 4 cups elbow macaroni cooked
- 1 cup sauce italian traditional prego®
- 0.3 cup milk
- 5 servings parmesan cheese grated

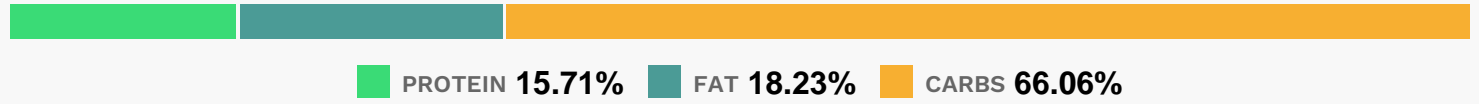
Equipment

- sauce pan

Directions

- Mix soup, pasta sauce, milk and pasta in saucepan.
- Heat through.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:17.311739278876%

Nutrients (% of daily need)

Calories: 658.68kcal (32.93%), Fat: 13.12g (20.18%), Saturated Fat: 6.25g (39.04%), Carbohydrates: 106.91g (35.64%), Net Carbohydrates: 102.84g (37.39%), Sugar: 15.71g (17.45%), Cholesterol: 30.49mg (10.16%), Sodium: 1425.1mg (61.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 25.43g (50.85%), Selenium: 81.59µg (116.56%), Manganese: 1.05mg (52.66%), Phosphorus: 418.31mg (41.83%), Calcium: 328.23mg (32.82%), Zinc: 2.94mg (19.63%), Magnesium: 71.81mg (17.95%), Potassium: 604.86mg (17.28%), Copper: 0.34mg (16.79%), Fiber: 4.07g (16.29%), Vitamin B2: 0.19mg (11.36%), Vitamin A: 531.49IU (10.63%), Vitamin B3: 1.94mg (9.72%), Vitamin B6: 0.19mg (9.66%), Iron: 1.59mg (8.84%), Vitamin B12: 0.49µg (8.21%), Vitamin B1: 0.12mg (7.87%), Vitamin B5: 0.64mg (6.41%), Folate: 21.96µg (5.49%), Vitamin D: 0.33µg (2.19%), Vitamin E: 0.28mg (1.9%)