



# Mac 'n Cheese with Broccoli

**Servings:** 4  
**Serving Size:** 1 cup

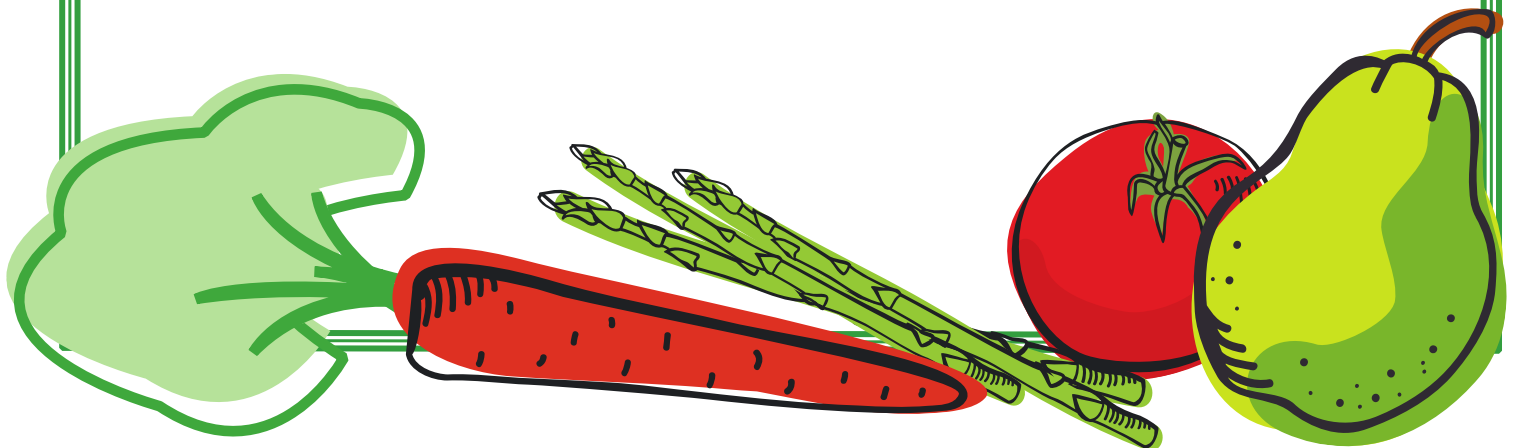
**Ingredients:**

- 1 box of frozen broccoli, chopped
- 1 (12 ounce) box of macaroni and cheese

**Directions:**

1. Cook macaroni noodles according to package directions.
2. Add broccoli to cooking noodles when there is 5 minutes left on the timer. Drain.
3. Add cheese sauce and milk according to package directions. Stir well and serve!

<b>Nutrition Facts</b>	
Serving Size about 1 cup Servings Per Container 4	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 730mg</b>	<b>30%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 11g</b>	
Vitamin A 4%	• Vitamin C 35%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**For more recipes:** [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

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