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## Cavatini Casserole

Hesston College

### Author

**Categories** Beef, Entree, Pork

**Tools** Pan ST 2 1/2", Spoon solid

### Locations

### Plate/Store

**Yield** 1 pan

**Cook** 30 minutes

**Portion** 8 oz

**Num Portions** 25

## Nutrition Facts

Serving Size 8 oz (227g)

Servings Per Container 25

Amount Per Serving

**Calories** 290 **Calories From Fat** 112

% Daily Value

**Total Fat** 12g 19%

**Saturated Fat** 5g 24%

**Trans Fat** 0g

**Cholesterol** 65mg 22%

**Sodium** 965mg 40%

**Total Carbohydrates** 29g 10%

**Dietary Fiber** 3g 11%

**Protein** 16g

**Vitamin A** 18% **Vitamin C** 26%

**Calcium** 10% **Iron** 17%

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

### Nutrition Descriptors

High in Vitamin C

High in Protein

Good Source of Vitamin A

Good Source of Calcium

Good Source of Potassium

Good Source of Iron

Good Source of Carbohydrates

Good Source of Fiber