

Date: 6/29/2011

Time: 3:43 PM



Enchilada Casserole

Hesston College

Author

Categories Casserole, Entree, Poultry

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 4 oz

Num Portions 25

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container 25	
Amount Per Serving	
Calories 313	Calories From Fat 107
% Daily Value	
Total Fat 12g	18%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1358mg	57%
Total Carbohydrates 22g	7%
Dietary Fiber 2g	10%
Protein 19g	
Vitamin A 11%	Vitamin C 29%
Calcium 22%	Iron 7%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin C
- High in Calcium
- High in Protein
- Good Source of Vitamin A
- Good Source of Fiber