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Time: 9:57 AM



Meat (Bacon) & Potato Casserole

Hesston College

Author

Categories Entree, breakfast, Pork

Tools Metal spatula 3", Pan ST 2 1/2"

Locations

Plate/Store

Yield 1 pan **Cook** 75 minutes

Portion 3 oz

Num Portions 32

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 32

Amount Per Serving

Calories 358 **Calories From Fat** 262

% Daily Value

Total Fat 29g 44%

Saturated Fat 11g 51%

Trans Fat 0g

Cholesterol 220mg 73%

Sodium 491mg 20%

Total Carbohydrates 12g 4%

Dietary Fiber 1g 4%

Protein 12g

Vitamin A 11% **Vitamin C** 16%

Calcium 21% **Iron** 7%

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

Nutrition Descriptors

High in Calcium

High in Protein

Good Source of Vitamin A

Good Source of Vitamin C

Good Source of Potassium