

Date: 8/4/2011

Time: 9:59 AM



Meat (Ham) & 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 220 Calories From Fat 126 | |
| | % Daily Value |
| Total Fat 14g | 21% |
| Saturated Fat 6g | 26% |
| Trans Fat 0g | |
| Cholesterol 207mg | 69% |
| Sodium 270mg | 11% |
| Total Carbohydrates 13g | 4% |
| Dietary Fiber 1g | 4% |
| Protein 11g | |
| 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