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Mexican Casserole, Vegetarian

Hesston College

Author

Categories Casserole, vegetarian, Entree, Vegetarian

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan

Cook 1 hour

Portion 4 oz

Num Portions 30

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 30

Amount Per Serving

Calories 180 **Calories From Fat** 72

% Daily Value

Total Fat 8g 12%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 775mg 32%

Total Carbohydrates 18g 6%

Dietary Fiber 2g 10%

Protein 8g

Vitamin A 6% **Vitamin C** 3%

Calcium 21% **Iron** 7%

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

Nutrition Descriptors

High in Calcium

Good Source of Fiber

Good Source of Protein