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Mexican Casserole

Hesston College

Author

Categories Beef, Casserole, Entree

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 10 pan

Cook 1 hour

Portion 4 oz

Num Portions 300

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 300

Amount Per Serving

Calories 250 **Calories From Fat** 117

% Daily Value

Total Fat 13g 20%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 773mg 32%

Total Carbohydrates 18g 6%

Dietary Fiber 2g 9%

Protein 14g

Vitamin A 6% **Vitamin C** 4%

Calcium 21% **Iron** 9%

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

Nutrition Descriptors

High in Calcium

High in Protein