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Verenika Casserole

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Author

Categories Casserole, Pasta/Rice/Noodles, Pork

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 4 pan

Cook 30-40 minutes

Portion 4 oz

Num Portions 100

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 100

Amount Per Serving

Calories 338 **Calories From Fat** 161

% Daily Value

Total Fat 18g 27%

Saturated Fat 8g 34%

Trans Fat 0g

Cholesterol 107mg 36%

Sodium 923mg 38%

Total Carbohydrates 26g 9%

Dietary Fiber 1g 4%

Protein 18g

Vitamin A 11% **Vitamin C** 1%

Calcium 11% **Iron** 11%

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

Nutrition Descriptors

High in Protein

Good Source of Vitamin A

Good Source of Calcium

Good Source of Iron