

Ground Beef Zucchini Casserole

Paula Macri - Paula's Bella Cucina
Treasure Coast Newspapers

2 pounds zucchini
1 1/2 pounds lean ground beef
1 medium sweet onion, chopped
1/2 pound cheddar cheese, cubed
1 teaspoon salt
1 teaspoon pepper
1 can cream of cheddar soup
1 cup seasoned bread crumbs

Preheat the oven to 350 degrees.

In a saucepan, boil the zucchini until tender. Drain.

In a skillet, brown the beef and the chopped onion.

Grease the bottom of a casserole dish, Place the cubed cheddar cheese on the bottom of the dish. Add the zucchini, beef, onion, salt and pepper. Pour the soup over the top. Cover with the bread crumbs.

Bake for 45 minutes.

Remove from the oven and serve.

Per Serving (excluding unknown items): 3320 Calories; 221g Fat (60.1% calories from fat); 206g Protein; 123g Carbohydrate; 18g Dietary Fiber; 751mg Cholesterol; 7220mg Sodium. Exchanges: 5 1/2 Grain(Starch); 25 1/2 Lean Meat; 6 Vegetable; 28 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	3320	Vitamin B6 (mg):	2.9mg
% Calories from Fat:	60.1%	Vitamin B12 (mcg):	17.8mcg
% Calories from Carbohydrates:	14.9%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	24.9%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	221g	Folacin (mcg):	332mcg
Saturated Fat (g):	106g	Niacin (mg):	38mg
Monounsaturated Fat (g):	84g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 9g
Cholesterol (mg): 751mg
Carbohydrate (g): 123g
Dietary Fiber (g): 18g
Protein (g): 206g
Sodium (mg): 7220mg
Potassium (mg): 4664mg
Calcium (mg): 1985mg
Iron (mg): 22mg
Zinc (mg): 36mg
Vitamin C (mg): 86mg
Vitamin A (i.u.): 5358IU
Vitamin A (r.e.): 1019RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 5 1/2
Lean Meat: 25 1/2
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 28 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3320 **Calories from Fat:** 1997

% Daily Values*

Total Fat 221g	339%
Saturated Fat 106g	528%
Cholesterol 751mg	250%
Sodium 7220mg	301%
Total Carbohydrates 123g	41%
Dietary Fiber 18g	72%
Protein 206g	
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Vitamin A	107%
Vitamin C	143%
Calcium	199%
Iron	121%

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