

# Roman Holiday

Mrs. Charles C. Brown III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 15

1 large onion, chopped  
4 tablespoons bacon grease  
1 1/2 pounds ground beef  
1/2 pound bulk sausage  
1 can (16 ounce) tomatoes  
1 can (10-1/2 ounce) tomato soup  
1 can (17 ounce) creamed corn  
1 can (4 ounce) green chile peppers, chopped  
1 bottle (2 ounce) stuffed olives, cut in half  
1/2 cup chili sauce  
1 pound yellow cheese, grated  
2 pounds spaghetti

Preheat the oven to 350 degrees.

In a skillet, saute' the onion in bacon grease. Add the ground beef and sausage. Cook until done.

Add the tomatoes, soup, corn, chile pepper, olives and one-half of the cheese.

Cook the spaghetti. Drain. Add the spaghetti to the meat mixture. Place the mixture in a large baking dish. Top with the remainder of the cheese. Cover.

Bake for about 30 minutes or until the cheese is melted.

(This dish freezes well.)

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Per Serving (excluding unknown items): 478 Calories; 23g Fat (43.4% calories from fat); 18g Protein; 49g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 229mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	478	Vitamin B6 (mg):	.2mg
% Calories from Fat:	43.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	41.8%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	23g	Folacin (mcg):	23mcg
Saturated Fat (g):	9g	Niacin (mg):	7mg

**Monounsaturated Fat (g):** 10g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 52mg  
**Carbohydrate (g):** 49g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 18g  
**Sodium (mg):** 229mg  
**Potassium (mg):** 336mg  
**Calcium (mg):** 21mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 695IU  
**Vitamin A (r.e.):** 69 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 3  
**Lean Meat:** 1 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 15

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### Amount Per Serving

**Calories** 478 **Calories from Fat:** 207

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#### % Daily Values\*

<b>Total Fat</b>	23g	35%
Saturated Fat	9g	44%
<b>Cholesterol</b>	52mg	17%
<b>Sodium</b>	229mg	10%
<b>Total Carbohydrates</b>	49g	16%
Dietary Fiber	2g	8%
<b>Protein</b>	18g	
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<b>Vitamin A</b>		14%
<b>Vitamin C</b>		21%
<b>Calcium</b>		2%
<b>Iron</b>		19%

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