

Zucchini Hotdish

Mary E. Musenbrock

Community Living Committee - All Saint's Church Hammond, IN 1987

1 pound hamburger
1 medium onion, chopped
1 green pepper, chopped
4 stalks celery, chopped
4 small zucchini, chopped or sliced
3 - 4 tomatoes
garlic salt
2 potatoes, chopped or grated
salt and pepper

Preheat the oven to 350 degrees.

Brown the hamburger in a large skillet. Remove the meat.

In the remaining fat, saute' the onion, green pepper and celery. Drain the grease.

Add the zucchini and tomatoes. Cook slowly until almost done.

Add the meat, a little garlic salt, potatoes, salt and pepper., Cook for 1/2 hour on the range.

Place the mixture into a casserole dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1864 Calories; 63g Fat (29.1% calories from fat); 83g Protein; 261g Carbohydrate; 24g Dietary Fiber; 177mg Cholesterol; 2168mg Sodium. Exchanges: 13 Grain(Starch); 4 1/2 Lean Meat; 11 Vegetable; 9 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1864	Vitamin B6 (mg):	2.4mg
% Calories from Fat:	29.1%	Vitamin B12 (mcg):	4.5mcg
% Calories from Carbohydrates:	53.8%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	17.1%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	63g	Folacin (mcg):	479mcg
Saturated Fat (g):	21g	Niacin (mg):	29mg
Monounsaturated Fat (g):	28g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	177mg
Carbohydrate (g):	261g
Dietary Fiber (g):	24g
Protein (g):	83g
Sodium (mg):	2168mg
Potassium (mg):	5662mg
Calcium (mg):	568mg
Iron (mg):	20mg
Zinc (mg):	13mg
Vitamin C (mg):	314mg
Vitamin A (i.u.):	5931IU
Vitamin A (r.e.):	591RE

Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	13
Lean Meat:	4 1/2
Vegetable:	11
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1864	Calories from Fat: 543
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% Daily Values*

Total Fat 63g	96%
Saturated Fat 21g	107%
Cholesterol 177mg	59%
Sodium 2168mg	90%
Total Carbohydrates 261g	87%
Dietary Fiber 24g	97%
Protein 83g	
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Vitamin A	119%
Vitamin C	523%
Calcium	57%
Iron	113%

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