

Lima Bean Casserole

*Mrs. Thomas Byrd - Nashville, TN
Southern Living - 1987 Annual Recipes*

Servings: 4

*1 package (16 ounce) frozen lima beans
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup milk
salt (to taste)
pepper (to taste)
1 tablespoon catsup
1 jar (4 ounce) chopped pimientos, drained
1/2 cup (2 ounces) Cheddar cheese, shredded
1/4 cup breadcrumbs
1 tabasco sauce, butter or margarine*

Preheat the oven to 350 degrees.

Cook the beans according to package directions. Drain. set aside.

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the milk. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly.

Stir in the salt and pepper. Add the catsup, pimiento and cheese. Stir until the cheese melts. Set aside.

Spoon the beans into a greased one-quart casserole. Pour the sauce over the beans.

Combine the breadcrumbs and the butter. Sprinkle over the casserole.

Bake, uncovered, for 30 minutes.

Per Serving (excluding unknown items): 218 Calories; 13g Fat (51.7% calories from fat); 9g Protein; 18g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 259mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| % Calories from Fat: | 51.7% |
| % Calories from Carbohydrates: | 31.7% |
| % Calories from Protein: | 16.6% |
| Total Fat (g): | 13g |
| Saturated Fat (g): | 8g |
| Monounsaturated Fat (g): | 4g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 39mg |
| Carbohydrate (g): | 18g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 9g |
| Sodium (mg): | 259mg |
| Potassium (mg): | 318mg |
| Calcium (mg): | 193mg |
| Iron (mg): | 1mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 7mg |
| Vitamin A (i.u.): | 582IU |
| Vitamin A (r.e.): | 136RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | .3mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 24mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 218 Calories from Fat: 113

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 13g | 20% |
| Saturated Fat | 8g | 39% |
| Cholesterol | 39mg | 13% |
| Sodium | 259mg | 11% |
| Total Carbohydrates | 18g | 6% |
| Dietary Fiber | 2g | 7% |
| Protein | 9g | |
| Vitamin A | | 12% |
| Vitamin C | | 12% |
| Calcium | | 19% |
| Iron | | 7% |

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