

Baked, Breaded Tomatoes

*"Fruits of the Spirit" (2001) - Cheryl Hutchinson
Grapevine United Methodist Church - Port St. Lucie, FL*

*1/2 cup butter or margarine
1 medium onion, chopped
1/2 cup brown sugar
salt (to taste)
pepper (to taste)
1 can (27 to 29 ounce) tomatoes
1 1/2 cups dry bread crumbs, cubed*

Preheat the oven to 350 degrees.

In a saucepan, saute the butter and onion.

Add the brown sugar, salt and pepper.

Place the bread cubes in a shallow casserole.

Pout the tomato mixture over the top.

Bake for 45 minutes.

Per Serving (excluding unknown items): 1793 Calories; 101g Fat (50.1% calories from fat); 24g Protein; 203g Carbohydrate; 7g Dietary Fiber; 248mg Cholesterol; 2376mg Sodium. Exchanges: 8 Grain(Starch); 3 Vegetable; 20 Fat; 4 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1793
% Calories from Fat:	50.1%
% Calories from Carbohydrates:	44.7%
% Calories from Protein:	5.2%
Total Fat (g):	101g
Saturated Fat (g):	59g
Monounsaturated Fat (g):	30g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	248mg
Carbohydrate (g):	203g
Dietary Fiber (g):	7g
Protein (g):	24g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	84mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	8
Lean Meat:	0

Sodium (mg): 2376mg
Potassium (mg): 1084mg
Calcium (mg): 485mg
Iron (mg): 12mg
Zinc (mg): 2mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 4236IU
Vitamin A (r.e.): 934 1/2RE

Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 20
Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 1793 **Calories from Fat:** 899

% Daily Values*

Total Fat	101g	156%
Saturated Fat	59g	297%
Cholesterol	248mg	83%
Sodium	2376mg	99%
Total Carbohydrates	203g	68%
Dietary Fiber	7g	29%
Protein	24g	
Vitamin A		85%
Vitamin C		51%
Calcium		48%
Iron		68%

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