

Old-Fashioned Baked Tomatoes

Mrs. Frank M. Woods

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

Servings: 4

1 can (1 pound 13 ounce) tomatoes

salt (to taste)

pepper (to taste)

1/2 to 3/4 cup sugar

3 tablespoons butter

1 medium onion, chopped and saute'd

3 slices bread, toasted and well buttered

Preheat the oven to 325 degrees.

Butter a two-quart casserole dish well. Place the tomatoes in the casserole. Cut up the tomatoes into bite-size pieces. Sprinkle with salt, pepper and sugar.

Spread the chopped onion over all. Cut up the butter and dot over all. Cut the toasted bread into small pieces and stir in gently.

Bake, uncovered, about one and one-half hours until most of the juice is absorbed and the dish looks brown and candied.

Per Serving (excluding unknown items): 240 Calories; 9g Fat (34.5% calories from fat); 2g Protein; 38g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 193mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	240
% Calories from Fat:	34.5%
% Calories from Carbohydrates:	61.9%
% Calories from Protein:	3.6%
Total Fat (g):	9g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	23mg
Carbohydrate (g):	38g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 193mg
Potassium (mg): 137mg
Calcium (mg): 30mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 517IU
Vitamin A (r.e.): 99 1/2RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 240 Calories from Fat: 83

% Daily Values*

Total Fat	9g	15%
	Saturated Fat 6g	28%
Cholesterol	23mg	8%
Sodium	193mg	8%
Total Carbohydrates	38g	13%
	Dietary Fiber 1g	5%
Protein	2g	

Vitamin A	10%
Vitamin C	13%
Calcium	3%
Iron	4%

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