

Italian Casserole

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Servings: 6

3/4 pound lean ground beef
1 onion, chopped
1 can (28 ounce) Red Gold whole peeled tomatoes
1 can (6 ounce) Red Gold tomato paste
salt and black pepper (to taste)
1 tablespoon dried parsley
1/2 teaspoon garlic salt
8 ounces wide egg noodles, cooked
1 package (12 ounce) cheddar cheese singles

Preparation Time: 20 minutes

Cook Time: 20 minutes

Preheat the oven to 350 degrees.

In a large skillet, brown the ground beef and onion.

Stir in the peeled tomatoes, tomato paste, salt, black pepper, parsley and garlic salt. Simmer on low heat for 20 minutes.

In a two-quart casserole dish, combine the egg noodles and tomato mixture. Top with the cheese slices.

Bake for 15 to 20 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 158 Calories; 12g Fat (68.7% calories from fat); 10g Protein; 2g Carbohydrate; trace Dietary Fiber; 43mg Cholesterol; 212mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Italian, Pasta

Per Serving Nutritional Analysis

Calories (kcal):	158	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.7%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	4.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	8mcg
Saturated Fat (g):	5g	Niacin (mg):	3mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

0% Refused:	00%
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Food Exchanges

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving		
Calories	158	Calories from Fat: 108
		% Daily Values*
Total Fat	12g	18%
Saturated Fat	5g	24%
Cholesterol	43mg	14%
Sodium	212mg	9%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	10g	
Vitamin A		1%
Vitamin C		2%
Calcium		1%
Iron		7%

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