

# Sausage-Apple-Noodle Casserole

Louise Rousseau Brunner  
*Casserole Treasury (1964)*

## Servings: 4

*1 pound pork sausage links*  
*3 cups cooked noodles*  
*1 cup sweetened applesauce*  
*2 teaspoons lemon juice*  
*1/8 teaspoon nutmeg*  
*1/2 cup Cheddar cheese, grated*

Preheat the oven to 400 degrees.

Prick the sausages well with a sharp-tined fork. Place them in a pan. Bake them for 25 minutes. Turn once or twice to brown evenly. Drain on paper toweling.

Reduce the oven temperature to 350 degrees.

In a bowl, stir two tablespoons of the pork drippings into the cooked noodles. Arrange half of the noodles in a greased medium casserole.

In a bowl, combine the applesauce, lemon juice and nutmeg. Pour on top of the noodles in the casserole. Add the rest of the noodles. Place the sausages on top. Sprinkle with the cheese.

Bake, uncovered, for 20 minutes.

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Per Serving (excluding unknown items): 679 Calories; 51g Fat (68.4% calories from fat); 22g Protein; 31g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 846mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 8 1/2 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	679	Vitamin B6 (mg):	.3mg
% Calories from Fat:	68.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	18.6%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	13.0%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	51g	Folacin (mcg):	81mcg

**Saturated Fat (g):** 20g  
**Monounsaturated Fat (g):** 22g  
**Polyunsaturated Fat (g):** 6g  
**Cholesterol (mg):** 92mg  
**Carbohydrate (g):** 31g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 22g  
**Sodium (mg):** 846mg  
**Potassium (mg):** 281mg  
**Calcium (mg):** 130mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 151IU  
**Vitamin A (r.e.):** 45RE

**Niacin (mg):** 5mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 2  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 8 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 679 **Calories from Fat:** 465

#### % Daily Values\*

<b>Total Fat</b> 51g			79%
Saturated Fat 20g			98%
<b>Cholesterol</b> 92mg			31%
<b>Sodium</b> 846mg			35%
<b>Total Carbohydrates</b> 31g			10%
Dietary Fiber 1g			6%
<b>Protein</b> 22g			
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<b>Vitamin A</b>			3%
<b>Vitamin C</b>			6%
<b>Calcium</b>			13%
<b>Iron</b>			16%

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