

Chipped Beef Casserole

Lill Noecker

St. Mary's Home & School Association - Griffith, IN (1978)

2 cans mushroom soup
 2 soup cans milk
 2 packages (3 ounce) thin-sliced dried
 or corned beef
 2 hard-boiled eggs, chopped
 1 small onion, chopped
 1 package (7 ounce) elbow macaroni,
 uncooked
 1 package (8 ounce) cheddar cheese,
 shredded

Mix all of the ingredients in a bowl.

Refrigerate overnight.

Preheat the oven to 350 degrees.

Place the mixture in a baking dish.

Bake for one hour.

Per Serving (excluding unknown items): 1423 Calories; 84g Fat (53.1% calories from fat); 70g Protein; 96g Carbohydrate; 4g Dietary Fiber; 614mg Cholesterol; 2836mg Sodium. Exchanges: 4 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 2 Non-Fat Milk; 12 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1423
% Calories from Fat:	53.1%
% Calories from Carbohydrates:	27.1%
% Calories from Protein:	19.8%
Total Fat (g):	84g
Saturated Fat (g):	42g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	614mg
Carbohydrate (g):	96g
Dietary Fiber (g):	4g
Protein (g):	70g
Sodium (mg):	2836mg
Potassium (mg):	1442mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.9mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	2.2mg
Folacin (mcg):	130mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	4
Lean Meat:	6
Vegetable:	1 1/2
Fruit:	0

Calcium (mg): 1576mg
Iron (mg): 6mg
Zinc (mg): 8mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 2376IU
Vitamin A (r.e.): 714RE

Non-Fat Milk: 2
Fat: 12 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1423 **Calories from Fat:** 756

% Daily Values*

Total Fat 84g	129%
Saturated Fat 42g	212%
Cholesterol 614mg	205%
Sodium 2836mg	118%
Total Carbohydrates 96g	32%
Dietary Fiber 4g	17%
Protein 70g	
Vitamin A	48%
Vitamin C	23%
Calcium	158%
Iron	31%

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