

Corned Beef Casserole II

Mary B. jolley

Gourmet Eating in South Carolina - (1985)

8 ounces egg noodles
1 can corned beef brisket
1 can cream of chicken soup
1 cup grated cheese
1 cup milk
1/2 cup onions, chopped
1 teaspoon Accent® seasoning mix

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Preheat the oven to 350 degrees.

Cook the noodles according to the instructions on the package.

In a bowl, mix together the corned beef, soup, milk, onion and Accent seasoning.

Alternately layer the corned beef mixture and noodles into a deep baking dish, starting and ending with the corned beef mixture. Top with grated cheese.

Bake for 30 to 45 minutes or until firm.

Per Serving (excluding unknown items): 1674 Calories; 67g Fat (36.1% calories from fat); 77g Protein; 190g Carbohydrate; 8g Dietary Fiber; 393mg Cholesterol; 2494mg Sodium. Exchanges: 11 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 8 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1674	Vitamin B6 (mg):	.6mg
% Calories from Fat:	36.1%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	45.6%	Thiamin B1 (mg):	2.6mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	67g	Folacin (mcg):	117mcg
Saturated Fat (g):	34g	Niacin (mg):	20mg
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	393mg	% Refuse:	0.0%
Carbohydrate (g):	190g		

Food Exchanges

Dietary Fiber (g): 8g
Protein (g): 77g
Sodium (mg): 2494mg
Potassium (mg): 1309mg
Calcium (mg): 1232mg
Iron (mg): 12mg
Zinc (mg): 10mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 2210IU
Vitamin A (r.e.): 550 1/2RE

Grain (Starch): 11 1/2
Lean Meat: 4 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 1
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1674 **Calories from Fat:** 604

% Daily Values*

Total Fat 67g	103%
Saturated Fat 34g	172%
Cholesterol 393mg	131%
Sodium 2494mg	104%
Total Carbohydrates 190g	63%
Dietary Fiber 8g	31%
Protein 77g	
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Vitamin A	44%
Vitamin C	25%
Calcium	123%
Iron	69%

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