

# Savory Corned Beef

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

2 cups cooked or canned (12-ounce)  
corned beef, chopped  
1 1/2 cups cooked potatoes, diced  
small  
1 tablespoon prepared mustard  
1 cup soft bread crumbs  
2 tablespoons onion, minced  
2 tablespoons green pepper, minced  
2 tablespoons butter or margarine  
1/8 teaspoon fresh ground pepper  
garlic salt  
1 cup milk  
2 eggs, beaten slightly

Preheat the oven to 350 degrees.

In a bowl, blend well the corned beef, potatoes, mustard, bread crumbs, onion, green pepper, butter and pepper. Check the seasonings, the chances are that you will not need salt with corned beef. If so, use garlic salt.

In a jar, shake the eggs and milk. Stir into the corned beef mixture.

Arrange the corned beef mixture in a greased casserole.

Bake about 30 minutes or until a knife inserted in the center comes out clean.

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Per Serving (excluding unknown items): 108 Calories; 7g Fat (60.4% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 154mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	108	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.4%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	23.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	15.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	14mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	87mg
<b>Carbohydrate (g):</b>	6g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	154mg
<b>Potassium (mg):</b>	109mg
<b>Calcium (mg):</b>	70mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	3mg
<b>Vitamin A (i.u.):</b>	297IU
<b>Vitamin A (r.e.):</b>	76 1/2RE

**% Daily Value** 0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 108 Calories from Fat: 65

### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 4g	19%
<b>Cholesterol</b> 87mg	29%
<b>Sodium</b> 154mg	6%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber trace	1%
<b>Protein</b> 4g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	6%
<b>Calcium</b>	7%
<b>Iron</b>	4%

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