

Vegetable Casserole

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

2 cans Veg-All, drained
1 can sliced water chestnuts
1 cup sharp Cheddar cheese, grated
1/2 cup Ritz cracker crumbs
1 cup celery, chopped
1/2 cup onion, chopped
1 cup mayonnaise
1/2 cup margarine, melted

Preheat the oven to 350 degrees.

In a bowl, combine the Veg-All, water chestnuts, Cheddar, celery, onion and mayonnaise.

Pour the mixture into a greased 1-1/2-quart casserole dish.

Top with the cracker crumbs. Drizzle the margarine over the top.

Bake for 30 minutes.

Per Serving (excluding unknown items): 2895 Calories; 316g Fat (93.8% calories from fat); 33g Protein; 14g Carbohydrate; 3g Dietary Fiber; 196mg Cholesterol; 3127mg Sodium. Exchanges: 4 Lean Meat; 2 Vegetable; 39 Fat.

Side Dishes, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	2895	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	93.8%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	1.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	316g	Folacin (mcg):	88mcg
Saturated Fat (g):	66g	Niacin (mg):	1mg
Monounsaturated Fat (g):	104g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	119g	Alcohol (kcal):	0
Cholesterol (mg):	196mg	% Refuse:	n n%
Carbohydrate (g):	14g		
Dietary Fiber (g):	3g		
		Food Exchanges	
		Grain (Starch):	0

Protein (g): 33g
Sodium (mg): 3127mg
Potassium (mg): 704mg
Calcium (mg): 955mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 6013IU
Vitamin A (r.e.): 1402 1/2RE

Lean Meat: 4
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 39
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2895 **Calories from Fat:** 2715

% Daily Values*

Total Fat	316g	486%
Saturated Fat	66g	329%
Cholesterol	196mg	65%
Sodium	3127mg	130%
Total Carbohydrates	14g	5%
Dietary Fiber	3g	14%
Protein	33g	
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Vitamin A		120%
Vitamin C		23%
Calcium		96%
Iron		14%

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