

Three Bean Casserole

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

*1 can green lima beans, drained
1 can pork and beans
1 can kidney beans
1 onion, chopped
1/2 cup ketchup
3 tablespoons vinegar
1 tablespoon brown sugar
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon pepper
garlic salt
3 tablespoons bacon drippings*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients together.

Pour the mixture into a casserole dish.

Bake for 45 minutes.

Per Serving (excluding unknown items): 1451 Calories; 46g Fat (27.2% calories from fat); 60g Protein; 215g Carbohydrate; 63g Dietary Fiber; 58mg Cholesterol; 4869mg Sodium. Exchanges: 10 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 8 Fat; 3 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1451
% Calories from Fat:	27.2%
% Calories from Carbohydrates:	56.9%
% Calories from Protein:	15.9%
Total Fat (g):	46g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	58mg
Carbohydrate (g):	215g
Dietary Fiber (g):	63g
Protein (g):	60g

Vitamin B6 (mg):	1.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	856mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	10 1/2
Lean Meat:	3

Sodium (mg): 4869mg
Potassium (mg): 4216mg
Calcium (mg): 474mg
Iron (mg): 21mg
Zinc (mg): 9mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 1691IU
Vitamin A (r.e.): 170 1/2RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 3

Nutrition Facts

Amount Per Serving

Calories 1451 **Calories from Fat:** 395

% Daily Values*

Total Fat	46g	71%
Saturated Fat	20g	98%
Cholesterol	58mg	19%
Sodium	4869mg	203%
Total Carbohydrates	215g	72%
Dietary Fiber	63g	254%
Protein	60g	
Vitamin A		34%
Vitamin C		65%
Calcium		47%
Iron		118%

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