

Mom's Scalloped Cabbage

Blanche Archer

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 large head cabbage, chopped,
parboiled and drained
1 can (10-3/4 ounce) cream of
mushroom soup
3 to 4 tablespoons butter or
margarine
1 cup round butter cracker crumbs

Preheat the oven to 350 degrees.

In a lightly greased 13x9x2-inch baking dish,
layer the one-half of the ingredients in this order:
cabbage, soup, butter and crumbs. Repeat the
layers.

Cover and refrigerate until one hour before
baking.

Bake for 45 minutes to one hour.

Per Serving (excluding unknown
items): 432 Calories; 48g Fat
(96.9% calories from fat); 1g
Protein; 2g Carbohydrate; trace
Dietary Fiber; 125mg Cholesterol;
643mg Sodium. Exchanges: 0
Grain(Starch); 0 Vegetable; 9 1/2
Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	432
% Calories from Fat:	96.9%
% Calories from Carbohydrates:	2.2%
% Calories from Protein:	1.0%
Total Fat (g):	48g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	125mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 643mg
Potassium (mg): 68mg
Calcium (mg): 28mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1754IU
Vitamin A (r.e.): 431RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 9 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 432 Calories from Fat: 418

% Daily Values*

Total Fat	48g	73%
Saturated Fat	29g	145%
Cholesterol	125mg	42%
Sodium	643mg	27%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		35%
Vitamin C		8%
Calcium		3%
Iron		1%

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