

# Bar-B-Q Noodles

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Community Living Committee - All Saint's Church Hammond, IN 1987

## Servings: 6

4 1/2 ounces noodles  
1/2 cup onions, chopped  
1/2 cup celery, chopped  
1/2 cup green pepper, chopped  
2 tablespoons oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon dry mustard  
1 tablespoon sugar  
1 tablespoon vinegar  
2 teaspoons Worcestershire sauce  
1/2 cup water  
1 can tomato soup  
grated cheese

Preheat the oven to 350 degrees.

Cook the noodles and set aside.

Saute' the onions, celery and green pepper in oil until slightly browned. Add the remaining ingredients except the noodles. Bring to a boiling point.

Place the noodles in a greased casserole. Cover with the sauce. Sprinkle with 1/2 cup of grated cheese.

Bake for 20 minutes.

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Per Serving (excluding unknown items): 156 Calories; 6g Fat (33.2% calories from fat); 4g Protein; 23g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 324mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	156	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	57.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	9.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	17mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	20mg	% Refuse:	0.00%

Carbohydrate (g):	23g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	324mg
Potassium (mg):	185mg
Calcium (mg):	21mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	27mg
Vitamin A (i.u.):	223IU
Vitamin A (r.e.):	25RE

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 156 Calories from Fat: 52

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	1g	4%
<b>Cholesterol</b>	20mg	7%
<b>Sodium</b>	324mg	14%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	1g	5%
<b>Protein</b>	4g	

<b>Vitamin A</b>	4%
<b>Vitamin C</b>	45%
<b>Calcium</b>	2%
<b>Iron</b>	9%

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