

Baked Tomatoes II

*Inn at Asphodel Village - Jackson, LA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

*4 cans (28 ounce ea) whole peeled
tomatoes, drained
4 large onions, diced
1/2 cup butter
1 cup bread crumbs, stale or toasted
salt (to taste)
Cayenne pepper (to taste)*

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Preheat the oven to 350 degrees.

In a skillet, saute' the onion in butter until translucent but not brown. Add the bread crumbs and mix well.

Line a casserole dish with one-half the drained tomatoes. Sprinkle with salt and red pepper. (Go a little overboard with the pepper; this dish should be fairly hot.)

Over the tomatoes, layer one-half the onions and one-half the bread crumbs. Add another layer of tomatoes, salt and red pepper. Top this with remaining onion-bread crumb mixture.

Bake for 30 minutes.

Per Serving (excluding unknown items): 176 Calories; 12g Fat (62.0% calories from fat); 2g Protein; 15g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 235mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	176	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	32.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	26mcg
Saturated Fat (g):	7g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	15g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	235mg
Potassium (mg):	120mg
Calcium (mg):	45mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	434IU
Vitamin A (r.e.):	107 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	176	Calories from Fat: 109
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% Daily Values*

Total Fat	12g	19%
Saturated Fat	7g	37%
Cholesterol	31mg	10%
Sodium	235mg	10%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	5%
Protein	2g	
Vitamin A		9%
Vitamin C		6%
Calcium		5%
Iron		5%

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