

Cracker Bottom Seafood Casserole

Gail Lynn

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

Servings: 8

saltine crackers

2 cans (15-1/2 ounce ea) salmon

(Tuna may be substituted for salmon.)

16 slices american cheese

6 eggs

1 can (10-1/2 ounce) cream of mushroom soup

10 1/2 ounces milk

Grease a 13x9x2-inch casserole dish or pan.

Line the bottom with saltine crackers.

Flake one can of salmon over the crackers. Lay eight slices of cheese over the salmon. Flake the remaining can of salmon over the cheese. Layer the remaining cheese on top.

In a bowl, beat the eggs well. Blend with the soup and milk. Pour the mixture over the salmon and cheese. Cover with aluminum foil. Refrigerate overnight.

Bake at 350 degrees for one hour.

Remove from the oven and let set for 5 to 10 minutes before cutting into squares.

Per Serving (excluding unknown items): 968 Calories; 77g Fat (72.1% calories from fat); 61g Protein; 7g Carbohydrate; trace Dietary Fiber; 389mg Cholesterol; 3446mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 0 Non-Fat Milk; 10 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	968
% Calories from Fat:	72.1%
% Calories from Carbohydrates:	2.8%
% Calories from Protein:	25.0%
Total Fat (g):	77g
Saturated Fat (g):	47g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	389mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	61g
Sodium (mg):	3446mg
Potassium (mg):	554mg
Calcium (mg):	1464mg
	2mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.8mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	39mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	8
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
	10 1/2

Iron (mg):
Zinc (mg): 7mg
Vitamin C (mg): trace
Vitamin A (i.u.): 2990IU
Vitamin A (r.e.): 729 1/2RE

Fat:
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	968	Calories from Fat: 698
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% Daily Values*

Total Fat	77g	119%
Saturated Fat	47g	234%
Cholesterol	389mg	130%
Sodium	3446mg	144%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	0%
Protein	61g	

Vitamin A	60%
Vitamin C	1%
Calcium	146%
Iron	10%

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