

Cheese-Noodle Casserole

Mitch Palmer

Gourmet Eating in South Carolina - (1985)

8 ounces egg noodles
2 blocks (3 ounce ea) cream cheese,
crumbled
2 cans (8 ounce ea) tomato sauce
1 teaspoon garlic powder
1 small onion, chopped
8 ounces sour cream
1 - 2 cups Cheddar cheese, grated

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Preheat the oven to 350 degrees.

Cook the noodles according to package
directions.

In a saucepan, boil together the tomato sauce,
garlic powder and onion. Cook until the onions
are transparent.

Layer the bottom of a greased baking dish with
one-third of the tomato sauce. Then spoon in
half of the egg noodles. Layer another one-third
of the tomato sauce. Spoon in the remaining
egg noodles. Layer the final one-third of tomato
sauce. Top with the grated cheese.

Bake until bubbly and the cheese is melted,
about 30 minutes.

Per Serving (excluding unknown
items): 4081 Calories; 295g Fat
(64.1% calories from fat); 139g
Protein; 233g Carbohydrate; 15g
Dietary Fiber; 1063mg Cholesterol;
5915mg Sodium. Exchanges: 11
Grain(Starch); 13 Lean Meat; 7 1/2
Vegetable; 1/2 Non-Fat Milk; 49
Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	4081	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	64.1%	Vitamin B12 (mcg):	5.4mcg
% Calories from Carbohydrates:	22.5%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	13.4%	Riboflavin B2 (mg):	3.5mg
Total Fat (g):	295g	Folacin (mcg):	260mcg
Saturated Fat (g):	181g	Niacin (mg):	25mg

Monounsaturated Fat (g): 84g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 1063mg
Carbohydrate (g): 233g
Dietary Fiber (g): 15g
Protein (g): 139g
Sodium (mg): 5915mg
Potassium (mg): 3656mg
Calcium (mg): 2434mg
Iron (mg): 22mg
Zinc (mg): 15mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 15753IU
Vitamin A (r.e.): 3775RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.00%

Food Exchanges

Grain (Starch): 11
Lean Meat: 13
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 49
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4081 **Calories from Fat:** 2616

% Daily Values*

Total Fat	295g	454%
Saturated Fat	181g	907%
Cholesterol	1063mg	354%
Sodium	5915mg	246%
Total Carbohydrates	233g	78%
Dietary Fiber	15g	60%
Protein	139g	
Vitamin A		315%
Vitamin C		65%
Calcium		243%
Iron		120%

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