

Sausage Casserole

Mrs. Lloyd Willis

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 10

1 pound sausage (hot or mild)
1 pound ground chuck
1/2 cup celery, chopped
1 cup onion, minced
1/2 cup bell pepper, chopped
salt
pepper
2 envelopes dry noodle soup
1 cup raw rice
5 cups hot water
1/2 cup slivered almonds

Preheat the oven to 350 degrees.

In a skillet, brown the meat. Add the celery, onion, bell pepper, salt and pepper. Saute'. Drain.

Add the soup and rice. Mix. Place the mixture in a greased three-quart shallow pyrex baking dish. Pour in the hot water. Stir well. Cover the casserole.

Bake for 45 minutes.

Remove the cover. Add the almonds.

Bake an additional 15 minutes.

Per Serving (excluding unknown items): 171 Calories; 13g Fat (69.3% calories from fat); 10g Protein; 3g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	171	Vitamin B6 (mg):	.2mg
% Calories from Fat:	69.3%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	13mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	34mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	10g
Sodium (mg):	41mg
Potassium (mg):	228mg
Calcium (mg):	30mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	55IU
Vitamin A (r.e.):	5 1/2RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 171 **Calories from Fat:** 119

% Daily Values*

Total Fat 13g	20%
Saturated Fat 4g	21%
Cholesterol 34mg	11%
Sodium 41mg	2%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	4%
Protein 10g	

Vitamin A	1%
Vitamin C	14%
Calcium	3%
Iron	6%

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