

Beef Noodle Casserole

Number of Servings: 1 (159.52 g per serving)

Ingredient	Comments
Beef, ground, hamburger, raw, 15% fat	
Onion, yellow, fresh, chpd	
Cheese Product, American, cold pack	
Salt, table	
Soup, cream of mushroom, cond, cnd	Contains: Milk, Wheat, Soy
Snap Beans, green, cut, fzn	
Pasta, egg, unenrich, ckd	Contains: Wheat, Egg
Chow Mein Noodles	

Nutrition Facts	
Serving Size about 3/4 Cup (160g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	35%
Cholesterol 50mg	17%
Sodium 650mg	27%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 15g	
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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