

Veggie Taco Pasta Casserole

Number of Servings: 1 (159.23 g per serving)

Ingredient	Comments
Pasta	contains wheat, soy, milk; vegetarian
Oil, olive blend	
Onion, yellow, fresh, chpd	
Peppers, bell, green, sweet, fresh, chpd	
Tomatoes, red, fresh, year round avg, chpd/sliced	
Veggie Taco Meat Moon Rose Prepared	
cream of mushroom soup, Katy's Kitchen	
Nacho Cheese Sauce	
Milk, 2%, w/add vit A & D	
Cheese, monterey jack, shredded	
Onion, green, tops & bulb, fresh, chpd	
Chips, tortilla, light, bkd, crushed	

Nutrition Facts	
Serving Size 1/2 cup (159g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 430mg	18%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 8%	• Vitamin C 8%
Calcium 20%	• Iron 10%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

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