

Cheesy Meat Canape's

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 64 canape's

1 pound lean ground beef
1 pound sausage meat
17 1/2 ounces cheese loaf, cut up
64 small cocktail-size bread slices

Preheat the oven to 350 degrees.

In a frying pan, scramble-fry the ground beef and sausage meat until no longer pink. Drain well.

Add the cheese. Mix until melted.

Spread about one tablespoon of the meat mixture on each bread slice. Place on an ungreased baking sheet.

Bake for about 15 minutes until hot.

Per Serving (excluding unknown items): 3092 Calories; 277g Fat (81.9% calories from fat); 133g Protein; 5g Carbohydrate; 0g Dietary Fiber; 649mg Cholesterol; 3341mg Sodium. Exchanges: 19 1/2 Lean Meat; 43 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3092
% Calories from Fat:	81.9%
% Calories from Carbohydrates:	0.6%
% Calories from Protein:	17.5%
Total Fat (g):	277g
Saturated Fat (g):	103g
Monounsaturated Fat (g):	125g
Polyunsaturated Fat (g):	28g
Cholesterol (mg):	649mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g

Vitamin B6 (mg):	2.3mg
Vitamin B12 (mcg):	15.6mcg
Thiamin B1 (mg):	2.7mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	54mcg
Niacin (mg):	33mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 133g
Sodium (mg): 3341mg
Potassium (mg): 2111mg
Calcium (mg): 118mg
Iron (mg): 12mg
Zinc (mg): 25mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat: 19 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 43 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3092 **Calories from Fat:** 2531

% Daily Values*

Total Fat 277g	426%
Saturated Fat 103g	517%
Cholesterol 649mg	216%
Sodium 3341mg	139%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Protein 133g	
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Vitamin A	0%
Vitamin C	15%
Calcium	12%
Iron	67%

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