

Vegetable Canape's

What's Cooking II

Northj American Institute of Modern Cuisine

3 tablespoons carrot, grated
 3 tablespoons green bell pepper,
 chopped
 3 tablespoons tomato, diced small
 1/4 cup cream cheese, softened
 2 dashes Worcestershire sauce
 salt and pepper
 6 bread slices, toasted
 24 slices celery, cut diagonally
 4 - 6 mushrooms, minced

Mix the carrot, pepper, tomato, cream cheese and Worcestershire. Season to taste with salt and pepper. Spread the mixture on the toast. Cut into canape's.

Garnish each canape' with a celery slice and a mushroom slice. Serve.

ASSEMBLING CANAPE'S:
 Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.

Per Serving (excluding unknown items): 801 Calories; 27g Fat (29.6% calories from fat); 26g Protein; 120g Carbohydrate; 22g Dietary Fiber; 65mg Cholesterol; 1841mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 7 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	801	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	29.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	57.8%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	27g	Folacin (mcg):	357mcg
Saturated Fat (g):	14g	Niacin (mg):	12mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	65mg	% Refuse:	n n%
Carbohydrate (g):	120g	Food Exchanges	
Dietary Fiber (g):	22g	Grain (Starch):	5
Protein (g):	26g	Lean Meat:	1/2
Sodium (mg):	1841mg	Vegetable:	7 1/2
Potassium (mg):	3482mg	Fruit:	0
Calcium (mg):	608mg	Non-Fat Milk:	0
Iron (mg):	10mg	Fat:	5
Zinc (mg):	3mg	Other Carbohydrates:	0

Vitamin C (mg): 106mg
Vitamin A (i.u.): 9283IU
Vitamin A (r.e.): 1091RE

Nutrition Facts

Amount Per Serving

Calories 801 **Calories from Fat:** 237

% Daily Values*

Total Fat 27g	42%
Saturated Fat 14g	71%
Cholesterol 65mg	22%
Sodium 1841mg	77%
Total Carbohydrates 120g	40%
Dietary Fiber 22g	89%
Protein 26g	
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Vitamin A	186%
Vitamin C	176%
Calcium	61%
Iron	58%

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