

# Spreading Forest Fire

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## Yield: 3 cups

*1 can (14 ounce) baked beans in tomato sauce, drained and mashed*  
*1 cup sharp Cheddar cheese, grated*  
*1/2 cup hard margarine or butter*  
*1/2 cup onion, very finely chopped*  
*1/2 teaspoon hot pepper sauce*  
*1/4 teaspoon garlic powder*  
*1/4 teaspoon salt*  
*1/8 teaspoon pepper*  
*finely diced peppers (for garnish)*

## Bake: 10 minutes

In a medium saucepan, place the beans, Cheddar cheese, margarine, onion, pepper sauce, garlic powder, salt and pepper. Heat and stir until the cheese and margarine are melted.

Transfer to a serving bowl. Garnish with diced peppers.

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Per Serving (excluding unknown items): 490 Calories; 38g Fat (68.9% calories from fat); 29g Protein; 9g Carbohydrate; 2g Dietary Fiber; 119mg Cholesterol; 1301mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 5 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	490
% Calories from Fat:	68.9%
% Calories from Carbohydrates:	7.3%
% Calories from Protein:	23.8%
Total Fat (g):	38g
Saturated Fat (g):	24g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	119mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	29g
Sodium (mg):	1301mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	36mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	1

