

# Wild Mushroom Dip

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## Yield: 4 cups

1 package (one ounce) dried wild mushrooms  
1/2 cup dry white wine  
2 shallots, sliced  
2 cloves garlic, sliced  
1 tablespoon unsalted butter  
1 package (6 ounce) portobello mushroom caps, sliced  
1 package (10 ounce) cremini mushrooms, trimmed, halved and sliced  
1 package (8 ounce) Neufchatel cheese, softened  
2 tablespoons fresh tarragon, chopped  
3/4 teaspoon sea salt  
bread slices, toasted

## Preparation Time: 20 minutes

### Slow Cooker: 2 hours

Coat the bowl of a slow cooker with nonstick cooking spray.

In a glass bowl, combine the dried mushrooms, wine, shallots, garlic and butter. Microwave for 3 minutes. Cover and let stand for 5 minutes.

Transfer the mushroom-wine mixture to a food processor. Add the portobello mushrooms. Process until puree'd.

Place the processed mushroom mixture, sliced cremini mushrooms, Neufchatel cheese, tarragon and salt in the slow cooker. Stir, cover and cook on HIGH for two hours. Stir again before serving.

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Per Serving (excluding unknown items): 534 Calories; 39g Fat (73.8% calories from fat); 15g Protein; 16g Carbohydrate; 2g Dietary Fiber; 117mg Cholesterol; 1879mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 1/2 Vegetable; 6 Fat.

Appetizers, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	534	Vitamin B6 (mg):	.3mg
% Calories from Fat:	73.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	13.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	39g	Folacin (mcg):	47mcg
Saturated Fat (g):	24g	Niacin (mg):	5mg

**Monounsaturated Fat (g):** 11g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 117mg  
**Carbohydrate (g):** 16g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 15g  
**Sodium (mg):** 1879mg  
**Potassium (mg):** 805mg  
**Calcium (mg):** 133mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 4252IU  
**Vitamin A (r.e.):** 746RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 80  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1 1/2  
**Vegetable:** 2 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 534                      **Calories from Fat:** 394

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### % Daily Values\*

<b>Total Fat</b> 39g	60%
Saturated Fat 24g	120%
<b>Cholesterol</b> 117mg	39%
<b>Sodium</b> 1879mg	78%
<b>Total Carbohydrates</b> 16g	5%
Dietary Fiber 2g	6%
<b>Protein</b> 15g	
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<b>Vitamin A</b>	85%
<b>Vitamin C</b>	13%
<b>Calcium</b>	13%
<b>Iron</b>	14%

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