

Pate'-Stuffed Mushrooms

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

*24 large mushrooms
4 ounces liver pate', softened
1 shallot, finely chopped
2 tablespoons bread crumbs
1/2 cup Brick cheese, grated*

Preheat the oven to 400 degrees.

Remove the mushroom stems, reserving the caps. Coarsely chop the stems.

In a bowl, mix the stems with the liver pate', shallot and bread crumbs.

Stuff the mushroom caps with the pate' mixture. Sprinkle with cheese. Cook in the oven for 5 minutes. Serve.

Per Serving (excluding unknown items): 16 Calories; 1g Fat (43.2% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 19mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	16	Vitamin B6 (mg):	trace
% Calories from Fat:	43.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	32.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0

Sodium (mg): 19mg
Potassium (mg): 72mg
Calcium (mg): 18mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 78IU
Vitamin A (r.e.): 13RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 16 **Calories from Fat:** 7

% Daily Values*

Total Fat	1g		1%
	Saturated Fat	trace	2%
Cholesterol	2mg		1%
Sodium	19mg		1%
Total Carbohydrates	1g		0%
	Dietary Fiber	trace	1%
Protein	1g		

Vitamin A			2%
Vitamin C			1%
Calcium			2%
Iron			1%

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