

Mushroom Tarts

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 18 tarts

1 tablespoon hard margarine (or butter)
1 cup fresh mushrooms, chopped
1 tablespoon green onion, chopped
2 tablespoons all-purpose flour
1/4 teaspoon salt
2/3 cup skim evaporated milk (or half-and-half)
18 frozen mini-tarts, thawed

Bake: 13 minutes

Preheat the oven to 400 degrees.

In a medium saucepan, melt the margarine. Add the mushrooms and green onion. Cook for 5 to 10 minutes, stirring often, until the mushrooms are golden.

Add the flour and salt. Mix well.

Add the evaporated milk. Heat and stir until boiling and thickened. Cool. (Makes a generous one cup of filling.)

Place the unfilled tart shells on an ungreased baking sheet.

Bake for 10 to 13 minutes until lightly browned. Cool. Divide the mushroom mixture evenly among the tart shells.

Bake for about 5 minutes until hot.

Per Serving (excluding unknown items): 76 Calories; trace Fat (4.9% calories from fat); 3g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 537mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable.

Per Serving Nutritional Analysis

Calories (kcal):	76
% Calories from Fat:	4.9%
% Calories from Carbohydrates:	79.0%
% Calories from Protein:	16.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	43mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 3g
 Sodium (mg): 537mg
 Potassium (mg): 292mg
 Calcium (mg): 14mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 23IU
 Vitamin A (r.e.): 2 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 76 Calories from Fat: 4

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	537mg	22%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	6%
Protein	3g	
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Vitamin A		0%
Vitamin C		6%
Calcium		1%
Iron		9%

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