

Philly Stuffed Mushrooms

Philadelphia Cream Cheese Favorite Recipes (1988)

1988 Kraft Inc.

Yield: 2 1/2 dozen

2 pounds medium mushrooms

6 tablespoons margarine

*1 package (8 ounce) cream cheese,
softened*

*1/2 cup (2 ounces) natural Blue
cheese, crumbled*

2 tablespoons onion, chopped

Remove the mushroom stems. Chop enough stems to measure one-half cup. Cook half of the mushroom caps in three tablespoons of margarine over medium heat for 5 minutes. Drain.

Repeat with the remaining mushroom caps and margarine.

In a bowl, combine the cream cheese and blue cheese, mixing until well blended.

Stir in the chopped stems and onions. Fill the mushroom caps. Place on a cookie sheet.

Broil until golden brown.

Per Serving (excluding unknown items): 1426 Calories; 149g Fat (92.5% calories from fat); 18g Protein; 9g Carbohydrate; trace Dietary Fiber; 255mg Cholesterol; 1486mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 28 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1426	Vitamin B6 (mg):	.1mg
% Calories from Fat:	92.5%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	149g	Folacin (mcg):	35mcg
Saturated Fat (g):	63g	Niacin (mg):	trace
Monounsaturated Fat (g):	56g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	23g	Alcohol (kcal):	0

Cholesterol (mg):	255mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace
Protein (g):	18g
Sodium (mg):	1486mg
Potassium (mg):	344mg
Calcium (mg):	215mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	6337IU
Vitamin A (r.e.):	1675RE

% Daily Values* 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	28 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1426 Calories from Fat: 1320

% Daily Values*

Total Fat 149g	229%
Saturated Fat 63g	314%
Cholesterol 255mg	85%
Sodium 1486mg	62%
Total Carbohydrates 9g	3%
Dietary Fiber trace	1%
Protein 18g	
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Vitamin A	127%
Vitamin C	2%
Calcium	21%
Iron	16%

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