

Cream Cheese and Mushroom Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

*1 tablespoon butter
1/4 pound mushrooms, finely
chopped
4 scallions (including two inches of the
green tops), finely chopped
3 ounces cream cheese, room
temperature
1 to 2 tablespoons unflavored yogurt
1 small clove garlic, crushed
salt (to taste)
1 1/2 tablespoons fresh dill, finely
chopped*

In a heavy skillet, melt the butter over moderate heat. Add the mushrooms and scallions. Saute' until golden brown, stirring frequently. Remove from the heat and let cool to room temperature.

In a bowl, mash the cream cheese with a fork. Add the yogurt and garlic. Blend until smooth. Add the sautee'd mushrooms and scallions, salt and one tablespoon of the dill. Mix thoroughly.

Taste and adjust the seasoning.

Cover and chill.

Garnish with the remaining dill.

Serve with Armenian cracker bread, lightly toasted pita bread or crackers.

Per Serving (excluding unknown items): 431 Calories; 42g Fat (84.3% calories from fat); 9g Protein; 8g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 374mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 7 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	431	Vitamin B6 (mg):	.1mg
% Calories from Fat:	84.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	7.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	42g	Folacin (mcg):	36mcg
Saturated Fat (g):	26g	Niacin (mg):	5mg

Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 124mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 374mg
Potassium (mg): 531mg
Calcium (mg): 84mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1712IU
Vitamin A (r.e.): 479 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 431 **Calories from Fat:** 363

% Daily Values*

Total Fat	42g	64%
Saturated Fat	26g	130%
Cholesterol	124mg	41%
Sodium	374mg	16%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	5%
Protein	9g	
Vitamin A		34%
Vitamin C		9%
Calcium		8%
Iron		14%

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