

# Creamy Baked Mushrooms

Cindi Rawlins - Dunwoody, GA  
Southern Living - 1987 Annual Recipes

## Servings: 6

1 pound small fresh mushrooms  
3 1/2 tablespoons all-purpose flour  
1 1/2 teaspoons chicken -flavored  
bouillon granules  
1 cup milk  
dash hot sauce  
2 tablespoons chopped chives, divided  
1/3 cup sour cream

Preheat the oven to 350 degrees.

Clean the mushrooms with damp paper towels.  
Place the mushrooms in an ungreased 1-1/2  
quart casserole. Set aside.

In a small saucepan, combine the flour and  
bouillon granules. Gradually add the milk,  
stirring until smooth. Add the hot sauce and one  
tablespoon of the chives. Cook over medium  
heat, stirring constantly, until thickened and  
bubbly. Pour the mixture over the mushrooms.

Bake the mushrooms for 25 minutes.

Remove from the oven. Add the sour cream and  
top with the remaining chives.

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Per Serving (excluding unknown  
items): 69 Calories; 4g Fat (52.7%  
calories from fat); 2g Protein; 6g  
Carbohydrate; trace Dietary Fiber;  
11mg Cholesterol; 27mg Sodium.  
Exchanges: 0 Grain(Starch); 0  
Vegetable; 0 Non-Fat Milk; 1 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	69	Vitamin B6 (mg):	trace
% Calories from Fat:	52.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	34.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	11mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	11mg
<b>Carbohydrate (g):</b>	6g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	27mg
<b>Potassium (mg):</b>	88mg
<b>Calcium (mg):</b>	65mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	195IU
<b>Vitamin A (r.e.):</b>	50RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	69	Calories from Fat: 36
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	3g	13%
<b>Cholesterol</b>	11mg	4%
<b>Sodium</b>	27mg	1%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	2g	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		2%
<b>Calcium</b>		6%
<b>Iron</b>		1%

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