# **Spreading Forest Fire**

Most Loved Appetizers
Company's Coming Publishing Limited

### Yield: 3 cups

1 can (14 ounce) baked beans in tomato sauce, drained and mashed 1 cup sharp Cheddar cheese, grated 1/2 cup hard margarine or butter 1/2 cup onion, very finely chopped 1/2 teaspoon hot pepper sauce 1/4 teaspoon garlic powder 1/4 teaspoon salt 1/8 teaspoon pepper finely diced peppers (for garnish)

## Bake: 10 minutes

In a medium saucepan, place the beans, Cheddar cheese, margarine, onion, pepper sauce, garlic powder, salt and pepper. Heat and stir until the cheese and margarine are melted.

Transfer to a serving bowl. Garnish with diced peppers.

Per Serving (excluding unknown items): 490 Calories; 38g Fat (68.9% calories from fat); 29g Protein; 9g Carbohydrate; 2g Dietary Fiber; 119mg Cholesterol; 1301mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 5 Fat; 0 Other Carbohydrates.

**Appetizers** 

### Dar Camina Mutritianal Analysis

Coloring (keel):	490	Vitamin BC (ma)	2ma
Calories (kcal):		Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.9%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	7.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	38g	Folacin (mcg):	36mcg
	-	Niacin (mg):	trace
Saturated Fat (g):	24g	Caffeine (mg):	0mg
Monounsaturated Fat (g):	11g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	1g	% Pofuso	n n%
Cholesterol (mg):	119mg		
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	29g	Lean Meat:	4
Sodium (mg):	1301mg	Vegetable:	1

1

Potassium (mg):	251mg	Fruit:	0
Calcium (mg):	839mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	5
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	1208IU		
Vitamin A (r.e.):	361 1/2RE		

84% 6%

# **Nutrition Facts**

Calcium

Iron

Amount Per Serving	
Calories 490	Calories from Fat: 338
	% Daily Values*
Total Fat 38g	58%
Saturated Fat 24g	120%
Cholesterol 119mg	40%
Sodium 1301mg	54%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	6%
Protein 29g	
Vitamin A	24%
Vitamin C	12%

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.