

Hot Mushroom Dip

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 2 1/2 cups

2 tablespoons hard margarine (or butter)
1 cup onions, finely chopped
1 clove garlic, minced
3 cups fresh white mushrooms, chopped
8 ounces cream cheese, softened and cut into eight pieces
1/2 teaspoon seasoned salt
1/2 teaspoon dill weed
heavy sprinkle pepper
1 1/2 cups Monterey Jack with Jalapeno cheese, grated
1/2 cup mayonnaise (not salad dressing)
sliced fresh mushrooms (for garnish)
chopped chives (for garnish)

Bake: 30 minutes

Preheat the oven to 350 degrees.

In a large frying pan on medium heat, melt the margarine. Add the onion, garlic and chopped mushrooms. Cook for about 10 minutes until the liquid is evaporated and the mushrooms are golden. Remove from the heat.

Add the cream cheese, seasoned salt, dill and pepper. Stir until the cream cheese is melted.

Add the Monterey Jack cheese and the mayonnaise. Mix well. Spread in an ungreased nine-inch pie plate or shallow casserole. Sprinkle with sliced mushrooms.

Bake for about 30 minutes until heated through.

Sprinkle with chives and serve.

Per Serving (excluding unknown items): 860 Calories; 79g Fat (81.5% calories from fat); 19g Protein; 21g Carbohydrate; 3g Dietary Fiber; 249mg Cholesterol; 1360mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	860	Vitamin B6 (mg):	.3mg
% Calories from Fat:	81.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	.5mg

Total Fat (g): 79g
Saturated Fat (g): 50g
Monounsaturated Fat (g): 22g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 249mg
Carbohydrate (g): 21g
Dietary Fiber (g): 3g
Protein (g): 19g
Sodium (mg): 1360mg
Potassium (mg): 550mg
Calcium (mg): 228mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 3267IU
Vitamin A (r.e.): 978 1/2RE

Folacin (mcg): 60mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 860 **Calories from Fat:** 701

% Daily Values*

Total Fat	79g	122%
Saturated Fat	50g	249%
Cholesterol	249mg	83%
Sodium	1360mg	57%
Total Carbohydrates	21g	7%
Dietary Fiber	3g	12%
Protein	19g	
Vitamin A		65%
Vitamin C		19%
Calcium		23%
Iron		19%

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