

Mushroom Meatballs

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Yield: 36 mushrooms

18 1/2 ounces Farm Rich original meatballs

10 ounces beef gravy

36 large white button mushrooms

1 cup Parmesan cheese, grated

Preparation Time: 1 minute

Preheat the oven to 375 degrees.

Remove the stems from the mushrooms and place on a cookie sheet.

Place one tablespoon of gravy and one frozen meatball in each mushroom cap. Sprinkle with the Parmesan cheese.

Bake for 20 to 25 minutes.

Let stand for 5 minutes before serving.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 515 Calories; 31g Fat (53.4% calories from fat); 44g Protein; 17g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 3077mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Lean Meat; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	515	Vitamin B6 (mg):	trace
% Calories from Fat:	53.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	12.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	33.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	12mcg
Saturated Fat (g):	18g	Niacin (mg):	2mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	71mg	% Refuse:	n n%
Carbohydrate (g):	17g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 44g
Sodium (mg): 3077mg
Potassium (mg): 315mg
Calcium (mg): 1117mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 561IU
Vitamin A (r.e.): 169RE

Grain (Starch): 1
Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 515 **Calories from Fat:** 275

% Daily Values*

Total Fat 31g	47%
Saturated Fat 18g	92%
Cholesterol 71mg	24%
Sodium 3077mg	128%
Total Carbohydrates 17g	6%
Dietary Fiber trace	0%
Protein 44g	
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Vitamin A	11%
Vitamin C	0%
Calcium	112%
Iron	15%

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