

Mushroom Puffs

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 20

4 ounces cream cheese, cubed
1 can (4 ounce) mushroom stems and pieces, drained
1 tablespoon onion, chopped
1/8 teaspoon hot pepper sauce
1 carton (8 ounce) crescent roll dough

Preheat the oven to 425 degrees.

In a blender or food processor, combine the cream cheese, mushrooms, onion and hot pepper sauce. Cover and process until blended.

Unroll the crescent dough and separate into four rectangles. Press the perforations to seal.

Spread the mushroom mixture over the dough. Roll up jellyroll style, starting with a long side. Cut each roll into five slices. Place on an ungreased baking sheet.

Bake for 8 to 10 minutes or until puffed and golden brown.

Per Serving (excluding unknown items): 21 Calories; 2g Fat (83.8% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 18mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	21	Vitamin B6 (mg):	trace
% Calories from Fat:	83.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	6.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	2mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	6mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	18mg
Potassium (mg):	21mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	81IU
Vitamin A (r.e.):	24 1/2RE

% Daily Value 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 21 Calories from Fat: 17

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	6%
Cholesterol 6mg	2%
Sodium 18mg	1%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 1g	
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Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	1%

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