

# Mushroom Rolls

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## Yield: 48 rolls

*1/4 cup hard margarine (or butter)*  
*1/2 pound fresh white mushrooms,*  
*chopped*  
*1/2 cup onion, chopped*  
*8 ounces cream cheese, cut up*  
*1/2 teaspoon Worcestershire sauce*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*  
*1/8 teaspoon garlic powder*  
*1 loaf sliced white sandwich bread,*  
*crusts removed*  
*1/2 cup hard margarine (or butter),*  
*melted*

In a frying pan over medium heat, melt 1/4 cup of margarine. Add the mushrooms and onion. Cook for 5 to 10 minutes until the onion is softened.

Add the cream cheese, Worcestershire, salt, pepper and garlic powder. Stir until the cream cheese is melted. Cool.

Roll the bread slices with a rolling pin. Divide and spread the mushroom mixture on each bread slice. Roll up. Brush with 1/2 cup of melted margarine. Cut each roll into three pieces. Arrange in a single layer on an ungreased baking sheet.

Bake for 10 to 15 minutes until toasted.

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Per Serving (excluding unknown items): 826 Calories; 79g Fat (84.8% calories from fat); 18g Protein; 14g Carbohydrate; 2g Dietary Fiber; 249mg Cholesterol; 1763mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	826
% Calories from Fat:	84.8%
% Calories from Carbohydrates:	6.6%
% Calories from Protein:	8.6%
Total Fat (g):	79g
Saturated Fat (g):	50g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	249mg
Carbohydrate (g):	14g
Dietary Fiber (g):	2g
Protein (g):	18g
Sodium (mg):	1763mg
Potassium (mg):	423mg
Calcium (mg):	208mg
Iron (mg):	3mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	45mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

Zinc (mg): 1mg  
 Vitamin C (mg): 10mg  
 Vitamin A (i.u.): 3240IU  
 Vitamin A (r.e.): 976RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories 826                      Calories from Fat: 700

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### % Daily Values\*

<b>Total Fat</b>	79g	122%
Saturated Fat	50g	249%
<b>Cholesterol</b>	249mg	83%
<b>Sodium</b>	1763mg	73%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	2g	6%
<b>Protein</b>	18g	
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<b>Vitamin A</b>		65%
<b>Vitamin C</b>		16%
<b>Calcium</b>		21%
<b>Iron</b>		17%

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