

# Golden Baked Mushroom Casserole

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 8

1 pound mushrooms, finely chopped  
2 small onions, chopped  
3 tablespoons butter or margarine  
2 eggs  
2/3 cup fine dry breadcrumbs  
3/4 cup milk  
3/4 cup light cream  
2 teaspoons salt  
1/4 teaspoon pepper

Preheat the oven to 350 degrees.

Saute' the onions in butter until golden.

In a 1-1/2-quart casserole, beat the eggs. Then mix in the crumbs, milk, cream, salt and pepper until the crumbs are liquified. Blend in the mushrooms and onions.

Bake, uncovered, for 60 to 70 minutes or until golden and set.

*This recipe can be good as a vegetable with chicken or fish.*

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Per Serving (excluding unknown items): 174 Calories; 11g Fat (57.5% calories from fat); 6g Protein; 13g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 694mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	.1mg
% Calories from Fat:	57.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	30.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	11g	Folacin (mcg):	27mcg
Saturated Fat (g):	6g	Niacin (mg):	3mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	83mg	% Refuse:	n n%
Carbohydrate (g):	13g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	6g	Lean Meat:	0

**Sodium (mg):** 694mg  
**Potassium (mg):** 348mg  
**Calcium (mg):** 89mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 415IU  
**Vitamin A (r.e.):** 107 1/2RE

**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 174 Calories from Fat: 100

### % Daily Values\*

<b>Total Fat</b>	11g	18%
	Saturated Fat 6g	32%
<b>Cholesterol</b>	83mg	28%
<b>Sodium</b>	694mg	29%
<b>Total Carbohydrates</b>	13g	4%
	Dietary Fiber 1g	5%
<b>Protein</b>	6g	

<b>Vitamin A</b>	8%
<b>Vitamin C</b>	7%
<b>Calcium</b>	9%
<b>Iron</b>	9%

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