

Mushroom and Cheese Stuffed Peppers

Rosemary Corcoran

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

Servings: 6

4 Tablespoons Vegetable oil
1 Pint Fresh mushrooms, cleaned and sliced
1/4 pound (1/2 cup) Parmesan cheese, grated
3 eggs, Slightly beaten
1 pound Swiss cheese, Shredded
1/4 Cup Parsley, snipped
1/2 Cup celery, Finely chopped
6 Large Green peppers

Preheat the oven to 350 degrees.

In a small skillet with 2 tablespoons of oil, sauté the mushrooms.

In a small bowl, beat the eggs and add the Parmesan cheese. Stir to make a paste. Drain the cooled mushrooms onto paper towel and add to the egg mixture. Add the swiss cheese, parsley and celery. Mix well

Slice the green peppers into halves, length-wise, remove the seeds and membranes. Rinse well. Spoon the cheese mixture into the pepper halves and place in a greased 13x9x2-inch baking pan. Pour in 1/2 cup of water mixed with the remaining 2 tablespoons of oil. Cover with aluminum foil.

Bake for 35 minutes.

Per Serving (excluding unknown items): 443 Calories; 33g Fat (65.7% calories from fat); 26g Protein; 12g Carbohydrate; 3g Dietary Fiber; 176mg Cholesterol; 249mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	443	Vitamin B6 (mg):	.4mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	10.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.6%	Riboflavin B2 (mg):	.5mg

Total Fat (g): 33g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 176mg
Carbohydrate (g): 12g
Dietary Fiber (g): 3g
Protein (g): 26g
Sodium (mg): 249mg
Potassium (mg): 457mg
Calcium (mg): 762mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 111mg
Vitamin A (i.u.): 1658IU
Vitamin A (r.e.): 317RE

Folacin (mcg): 55mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 443 **Calories from Fat:** 291

% Daily Values*

Total Fat	33g	50%
Saturated Fat	15g	77%
Cholesterol	176mg	59%
Sodium	249mg	10%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	11%
Protein	26g	
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Vitamin A		33%
Vitamin C		185%
Calcium		76%
Iron		9%

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