

# Favorite Mushrooms

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

## **Yield: 24 stuffed mushrooms**

*24 large white mushrooms*  
*3 tablespoons hard margarine (or butter)*  
*1 cup onion, finely chopped*  
*1/4 pound lean ground beef*  
*2 tablespoons celery, finely chopped*  
*1/4 cup ketchup*  
*1/4 cup fine dry bread crumbs*  
*1 teaspoon garlic powder*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*1/4 cup Parmesan cheese, grated*  
*1/2 cup part-skim mozzarella cheese, grated*

Remove the stems from the mushrooms. Chop the stems finely. Set aside.

In a medium frying pan on medium-high heat, melt the margarine. Add the onion, ground beef and celery. Scramble-fry until the onion is softened and the beef is no longer pink.

Add the reserved mushroom stems, ketchup, bread crumbs, garlic powder, salt and pepper. Stir well. Remove from the heat. Divide and stuff the filling into the mushroom caps. Arrange in a single layer on an ungreased baking sheet.

Sprinkle with the Parmesan cheese and the mozzarella cheese. Broil on the second rack from the top for about 5 minutes until heated through.

Serve immediately.

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Per Serving (excluding unknown items): 528 Calories; 30g Fat (50.6% calories from fat); 32g Protein; 34g Carbohydrate; 4g Dietary Fiber; 101mg Cholesterol; 2247mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat; 1 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	528	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	50.6%	<b>Vitamin B12 (mcg):</b>	2.9mcg
<b>% Calories from Carbohydrates:</b>	25.6%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	23.8%	<b>Riboflavin B2 (mg):</b>	.4mg

**Total Fat (g):** 30g  
**Saturated Fat (g):** 13g  
**Monounsaturated Fat (g):** 12g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 101mg  
**Carbohydrate (g):** 34g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 32g  
**Sodium (mg):** 2247mg  
**Potassium (mg):** 944mg  
**Calcium (mg):** 347mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 772IU  
**Vitamin A (r.e.):** 105 1/2RE

**Folacin (mcg):** 54mcg  
**Niacin (mg):** 6mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

### Amount Per Serving

**Calories** 528                      **Calories from Fat:** 267

### % Daily Values\*

<b>Total Fat</b>	30g	46%
Saturated Fat	13g	66%
<b>Cholesterol</b>	101mg	34%
<b>Sodium</b>	2247mg	94%
<b>Total Carbohydrates</b>	34g	11%
Dietary Fiber	4g	17%
<b>Protein</b>	32g	
<b>Vitamin A</b>		15%
<b>Vitamin C</b>		35%
<b>Calcium</b>		35%
<b>Iron</b>		19%

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