



Asparagus-and-Mushroom Tostadas With Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 asparagus spears fresh
- 2 cups crimini mushrooms sliced
- 1 teaspoon basil fresh chopped
- 1 teaspoon marjoram fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 1 garlic clove finely chopped
- 4 ounces goat cheese crumbled

- 2 tablespoons olive oil
- 2 tablespoons onion chopped
- 16 round tortilla chips
- 2 tablespoons white wine

Equipment

- frying pan
- baking sheet
- oven

Directions

- Snap off tough ends of asparagus spears. Cook asparagus in boiling water 3 minutes or until crisp-tender. Plunge into ice water to stop the cooking process; drain, and cut into 1/2-inch pieces.
- Saut onion in hot oil over medium heat in a large skillet 30 seconds or until tender.
- Add garlic and mushrooms, and saut for 1 to 2 minutes or until mushrooms are tender.
- Add wine, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Stir in basil, marjoram, thyme, and asparagus.
- Place tortilla chips in a single layer on a baking sheet. Spoon 1 teaspoon mushroom mixture onto each tortilla chip; top evenly with cheese.
- Bake at 375 for 5 minutes or until cheese melts.
- *Monterey Jack cheese, cut into 16 pieces, may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:4.2643478279528%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 107.14kcal (5.36%), Fat: 7.77g (11.95%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.98g (1.81%), Sugar: 0.78g (0.87%), Cholesterol: 6.52mg (2.17%), Sodium: 73.53mg (3.2%), Alcohol: 0.39g (100%), Alcohol %: 0.87% (100%), Protein: 3.75g (7.49%), Copper: 0.22mg (10.92%), Vitamin B2: 0.16mg (9.43%), Selenium: 5.59µg (7.99%), Phosphorus: 77.8mg (7.78%), Vitamin K: 7.23µg (6.89%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 220.76IU (4.42%), Vitamin B6: 0.08mg (4.18%), Iron: 0.69mg (3.83%), Manganese: 0.07mg (3.54%), Potassium: 120.89mg (3.45%), Calcium: 34.04mg (3.4%), Vitamin B1: 0.05mg (3.27%), Zinc: 0.47mg (3.15%), Folate: 11.74µg (2.94%), Magnesium: 11.18mg (2.8%), Fiber: 0.69g (2.74%), Vitamin C: 1.17mg (1.42%)