



Asparagus Goat Cheese Bruschetta with Porcini Vinaigrette

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds asparagus green ends trimmed (not pencil)
- ☐ 8 slices bread such as pain de mie, pullman or sourdough, crusts trimmed (1/)
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 8 ounces goat cheese fresh softened
- ☐ 0.3 cup olive oil extra virgin extra-virgin for brushing
- ☐ 0.3 cup shallots minced
- ☐ 0.3 cup sherry vinegar

- ☐ 2 teaspoons sugar
- ☐ 1 cup water boiling

Equipment

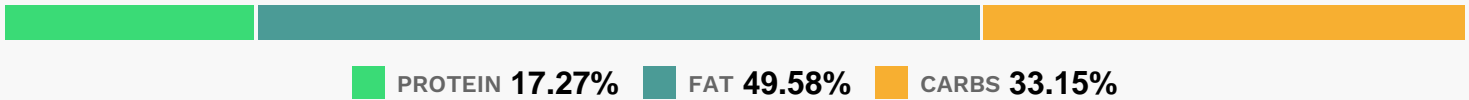
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ziploc bags
- ☐ cutting board
- ☐ steamer basket

Directions

- ☐ Put dried mushrooms in a heatproof bowl and pour boiling water over them.
- ☐ Let stand 20 minutes.
- ☐ Pour mushrooms with liquid through a paper towel-lined sieve into a small saucepan.
- ☐ Transfer mushrooms to a cutting board and finely chop.
- ☐ Add vinegar, shallots, sugar, 1/2 teaspoon salt, and half of mushrooms to saucepan and boil mixture until it is reduced to 2/3 cup, about 10 minutes.
- ☐ Whisk in 1/4 cup olive oil and add salt and pepper to taste. Sauce can be served warm or at room temperature.
- ☐ Preheat oven to 400°F with rack in upper third.
- ☐ Stir together remaining chopped mushrooms with softened goat cheese in a small bowl.
- ☐ Place a steamer basket in a 5-quart pot filled with 2 inches of water. Steam asparagus, covered, just until tender, 4 to 5 minutes.

- ☐ Transfer asparagus to a bowl of ice water to stop cooking, then drain and pat dry.
- ☐ Halve asparagus crosswise.
- ☐ Arrange bread slices on a large baking sheet.
- ☐ Brush with some olive oil and bake until golden, 10 to 12 minutes.
- ☐ Spread goat cheese mixture generously on toasts.
- ☐ To serve, place a toast in the center of a salad plate and arrange 4 or 5 stem ends of asparagus on each. Top stems with asparagus tips, arranging them perpendicular to stems.
- ☐ Drizzle asparagus and surrounding plate with vinaigrette.
- ☐ •Porcini vinaigrette can be made 1 day ahead and kept at room temperature, covered. •Asparagus can be cooked 1 day ahead and kept chilled in a sealable plastic bag between towels. Bring to room temperature before serving. •Goat cheese mixture can be made 1 day ahead kept covered and chilled. Bring to room temperature before using. •Bread can be toasted 2 hours ahead and spread with cheese mixture up to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:8.79, Inflammation Score:-8, Nutrition Score:16.262608782105%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 249.75kcal (12.49%), Fat: 14.16g (21.78%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 17.35g (6.31%), Sugar: 5.61g (6.23%), Cholesterol: 13.04mg (4.35%), Sodium: 242.37mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.2%), Vitamin K: 53.18µg (50.65%), Manganese: 0.59mg (29.36%), Copper: 0.57mg (28.34%), Iron: 4.16mg (23.14%), Vitamin A: 1151IU (23.02%), Folate: 91.57µg (22.89%), Vitamin B2: 0.36mg (21.31%), Vitamin B1: 0.31mg (20.46%), Phosphorus: 177.9mg (17.79%), Selenium: 12.38µg (17.68%), Fiber: 3.94g (15.77%), Vitamin E: 2.36mg (15.74%), Vitamin B3: 3.06mg (15.3%), Vitamin B6: 0.25mg (12.39%), Vitamin B5: 1.14mg (11.42%), Calcium: 106.25mg (10.62%), Potassium: 330.79mg (9.45%), Magnesium: 36.38mg (9.09%), Zinc: 1.34mg (8.9%), Vitamin C: 7.1mg (8.6%), Vitamin D: 0.18µg (1.22%)