

Bruschetta Duet

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon sage dried
- ☐ 1 tablespoon flat-leaf parsley packed chopped
- ☐ 3 cloves garlic minced smashed
- ☐ 0.5 cup olives green pitted
- ☐ 4 servings fresh-ground pepper black
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.8 pound mushrooms chopped fine

- ☐ 8 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 servings bruschetta

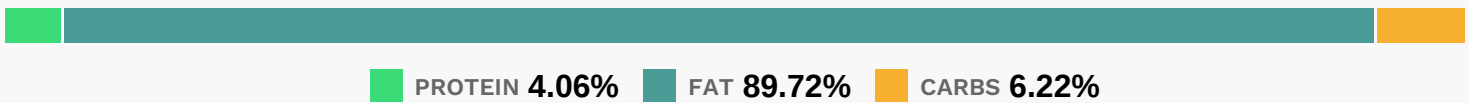
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a large frying pan, heat 2 tablespoons of the oil with the butter over moderately high heat.
- ☐ Add the mushrooms, the minced garlic, the salt, 1/8 teaspoon pepper, and the sage. Cook, stirring occasionally, until the mushrooms are golden, 5 to 10 minutes. Stir in the chopped parsley.
- ☐ Remove from the heat.
- ☐ In a blender or food processor, put the olives, parsley leaves, smashed garlic, anchovy paste, the remaining 6 tablespoons olive oil, the lemon juice, and 1/4 teaspoon pepper. Blend or process to a coarse puree.
- ☐ Spread the mushroom mixture on eight of the bruschetta, and the tapenade on the rest.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:9.148260862931%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 318.6kcal (15.93%), Fat: 33.07g (50.87%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.92g (2.14%), Cholesterol: 6.01mg (2%), Sodium: 462.99mg (20.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin K: 34.07µg (32.44%), Vitamin E: 4.78mg (31.87%), Vitamin B2: 0.35mg (20.62%), Vitamin B3: 3.29mg (16.46%), Copper: 0.3mg (15.16%), Vitamin B5: 1.31mg (13.08%), Selenium: 8.93µg (12.75%), Potassium: 300.42mg (8.58%), Phosphorus: 80.64mg (8.06%), Fiber: 1.59g (6.35%), Vitamin B6: 0.13mg (6.27%), Vitamin C: 4.55mg (5.51%), Vitamin B1: 0.08mg (5.27%), Manganese: 0.09mg (4.67%), Iron: 0.81mg (4.52%), Vitamin A: 214.56IU (4.29%), Folate: 17.13µg (4.28%), Zinc: 0.51mg (3.39%), Magnesium: 11.45mg (2.86%), Calcium: 20.15mg (2.01%), Vitamin D: 0.18µg (1.22%)