



Cabbage-and-Mushroom Toasts



Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

236 kcal

Ingredients

- ☐ 8.5 inch thick of peasant bread
- ☐ 0.3 cup porcini mushrooms dried
- ☐ 0.5 pound mushroom caps fresh stemmed thinly sliced
- ☐ 1 clove garlic minced
- ☐ 4 cups cabbage shredded green finely
- ☐ 0.3 cup heavy cream
- ☐ 8 servings olive oil extra-virgin for brushing
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1 shallots minced

- ☐ 2 tablespoons tarragon leaves chopped
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a small heatproof bowl, cover the dried porcini with 1 cup of boiling water and let stand until softened, about 15 minutes.
- ☐ Drain the porcini and reserve the soaking liquid. Finely chop the porcini.
- ☐ In a large skillet, melt 2 tablespoons of the butter.
- ☐ Add the porcini and shiitake and season with salt and pepper. Cook over high heat, stirring occasionally, until the shiitake are softened and lightly browned, about 8 minutes.
- ☐ Add the shallot and garlic and cook until fragrant, about 2 minutes.
- ☐ Add the porcini soaking liquid, stopping before you reach the grit at the bottom. Boil until the liquid is evaporated, about 5 minutes. Scrape the mixture into a bowl.
- ☐ Add the remaining 2 tablespoons of butter to the skillet.
- ☐ Add the cabbage, season with salt and pepper and cook over moderately low heat, stirring frequently, until the cabbage is very tender, about 15 minutes.
- ☐ Add a few tablespoons of water to the skillet if it looks dry. Return the mushroom mixture to the skillet.
- ☐ Add the cream and tarragon and simmer until the cream is nearly evaporated, about 5 minutes.
- ☐ Heat a cast-iron grill pan.
- ☐ Brush the bread with oil and grill over high heat, turning once, until toasted.
- ☐ Spread the cabbage-mushroom mixture on the toasts and serve.

Nutrition Facts



 **PROTEIN 3.64%**  **FAT 83.87%**  **CARBS 12.49%**

Properties

Glycemic Index:33.08, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:8.1791304051876%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 22.8g (35.08%), Saturated Fat: 7.3g (45.66%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 5.61g (2.04%), Sugar: 2.44g (2.71%), Cholesterol: 23.45mg (7.82%), Sodium: 220.1mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin K: 35.92µg (34.21%), Vitamin C: 14.13mg (17.13%), Manganese: 0.32mg (15.97%), Vitamin E: 2.31mg (15.37%), Vitamin B6: 0.2mg (9.92%), Vitamin B3: 1.63mg (8.14%), Fiber: 2.03g (8.12%), Vitamin B2: 0.13mg (7.9%), Vitamin A: 392.27IU (7.85%), Vitamin B5: 0.75mg (7.51%), Folate: 28.83µg (7.21%), Potassium: 236.63mg (6.76%), Phosphorus: 60.83mg (6.08%), Iron: 1.09mg (6.06%), Copper: 0.11mg (5.7%), Magnesium: 19.62mg (4.9%), Selenium: 3.36µg (4.8%), Calcium: 46.65mg (4.67%), Zinc: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.21%), Vitamin D: 0.37µg (2.48%)