



Cooking from the Glossies: Wild Mushroom Crostini with Thyme Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 3 tablespoons thyme sprigs fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 12 ounces mushrooms wild black assorted stemmed sliced (such as shiitake, oyster, trumpet, and crimini)
- ☐ 0.5 cup olive oil plus more for brushing
- ☐ 0.3 cup red wine vinegar

- ☐ 1 small shallots chopped
- ☐ 8 servings truffle oil

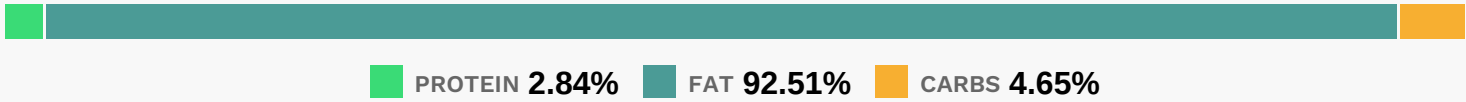
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ To make the mushroom topping: melt butter in a large skillet over medium-high heat.
- ☐ Add mushrooms and thyme. Sauté until browned, about eight minutes. Season with salt and pepper.
- ☐ To make the thyme vinaigrette: blend the vinegar, thyme, mayonnaise, and shallot in a blender for 10 seconds. With the machine running, gradually add 1/2 cup olive oil; blend until almost smooth. Season with salt and pepper.
- ☐ Preheat oven to 400°F. Arrange the bread on a rimmed baking sheet.
- ☐ Brush with oil.
- ☐ Bake until beginning to crisp, about eight minutes.
- ☐ Mound 1/4 cup mushroom mixture on each bread slice.
- ☐ Drizzle each with thyme vinaigrette, then sparingly with truffle oil.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:5.352173867433%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg

Nutrients (% of daily need)

Calories: 225.12kcal (11.26%), Fat: 23.77g (36.58%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.11g (1.23%), Cholesterol: 12.76mg (4.25%), Sodium: 59.69mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin E: 2.65mg (17.65%), Vitamin K: 16.15µg (15.38%), Vitamin B2: 0.19mg (11.07%), Vitamin B3: 1.6mg (7.99%), Copper: 0.16mg (7.8%), Vitamin C: 5.98mg (7.25%), Vitamin B5: 0.67mg (6.7%), Selenium: 4.13µg (5.89%), Vitamin A: 276.13IU (5.52%), Iron: 0.91mg (5.05%), Potassium: 168.97mg (4.83%), Phosphorus: 44.22mg (4.42%), Manganese: 0.08mg (4.22%), Fiber: 0.95g (3.78%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.56%), Folate: 9.97µg (2.49%), Magnesium: 9.72mg (2.43%), Zinc: 0.3mg (2%), Calcium: 16.74mg (1.67%)