



Crostini of Chanterelles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 slices crusty baguette thick ()
- ☐ 4 teaspoons chives fresh minced
- ☐ 1 tablespoon thyme sprigs dried fresh
- ☐ 1.5 pounds mushrooms fresh
- ☐ 4 tablespoons olive oil
- ☐ 8 servings salt and pepper
- ☐ 5 teaspoons citrus champagne vinegar

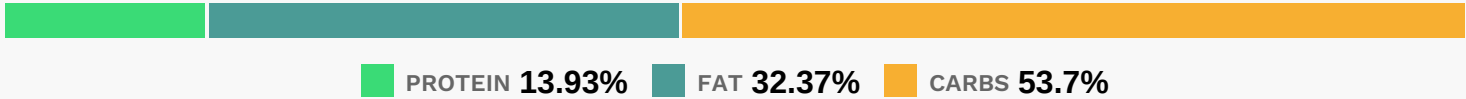
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Rinse chanterelles, gently rubbing mushroom gills with fingers to release any grit; drain. Repeat if necessary. Trim and discard bruised parts and discolored ends. Slice mushrooms 1/4 inch thick.
- ☐ In a 10- to 12-inch pan over high heat, stir mushrooms, 1 tablespoon olive oil, 1 teaspoon vinegar, and thyme until liquid is evaporated and mushrooms are browned, 15 to 20 minutes.
- ☐ Add 2 tablespoons olive oil, the remaining vinegar, and salt and pepper to taste.
- ☐ Meanwhile, brush bread slices with remaining 1 tablespoon olive oil and lay on a 14- by 17-inch baking sheet.
- ☐ Bake in a 350 oven until crisp and brown, about 15 minutes.
- ☐ Top toast pieces equally with mushroom mixture and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:21.78, Inflammation Score:-7, Nutrition Score:12.60521744386%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 247.98kcal (12.4%), Fat: 9.05g (13.93%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 31.47g (11.44%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 594.05mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin B2: 0.55mg (32.47%), Vitamin B3: 5.99mg (29.98%), Vitamin B1: 0.44mg (29.48%), Selenium: 18.92µg (27.03%), Folate: 83.86µg (20.96%), Manganese: 0.36mg (17.79%), Copper: 0.35mg (17.7%), Iron: 2.85mg (15.83%), Vitamin B5: 1.52mg (15.2%),

Phosphorus: 135.41mg (13.54%), Potassium: 357.95mg (10.23%), Fiber: 2.33g (9.32%), Vitamin E: 1.2mg (8.02%),
Vitamin B6: 0.16mg (7.94%), Calcium: 74.13mg (7.41%), Vitamin K: 7.2µg (6.86%), Magnesium: 26.03mg (6.51%),
Zinc: 0.97mg (6.45%), Vitamin C: 3.49mg (4.23%), Vitamin A: 63.34IU (1.27%), Vitamin D: 0.17µg (1.13%)