



## Crostini with Mushroom Spread and Ricotta Salata

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 inch bread baguette french italian cut
- 3 tablespoons feta cheese crumbled
- 2 tablespoons basil fresh chopped
- 0.5 cup basil leaves fresh cut into thin strips
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced

- 16 ounce pre mushrooms
- 4 teaspoons olive oil divided
- 0.5 teaspoon salt
- 0.5 cup shallots finely chopped

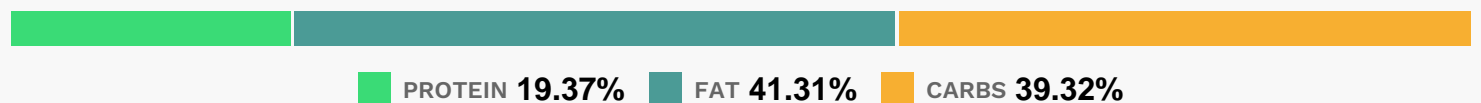
## Equipment

- food processor
- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 37
- Coat bread slices with cooking spray; place on baking sheets.
- Bake at 375 for 10 minutes or until toasted.
- While bread bakes, place mushrooms in a food processor, and pulse 10 times or until finely chopped.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add shallots and garlic, and saut 1 minute.
- Add mushrooms and salt; cook 18 to 20 minutes or until liquid evaporates, stirring often.
- Remove from heat, and stir in remaining 1 tablespoon oil, 2 tablespoons chopped basil, parsley, and pepper. Spoon about 2 1/2 teaspoons mushroom mixture evenly over each crostini.
- Sprinkle evenly with cheese and basil strips.

## Nutrition Facts



## Properties

Glycemic Index:31.81, Glycemic Load:1.42, Inflammation Score:-2, Nutrition Score:4.4760869598907%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 42.08kcal (2.1%), Fat: 2.09g (3.22%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.69g (1.88%), Cholesterol: 1.91mg (0.64%), Sodium: 115.68mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin K: 17.59µg (16.75%), Vitamin B2: 0.17mg (10%), Vitamin B3: 1.55mg (7.77%), Selenium: 4.99µg (7.12%), Copper: 0.14mg (7.08%), Vitamin B5: 0.63mg (6.32%), Manganese: 0.11mg (5.37%), Phosphorus: 49.59mg (4.96%), Potassium: 170.86mg (4.88%), Vitamin B6: 0.09mg (4.34%), Folate: 14.33µg (3.58%), Vitamin C: 2.87mg (3.48%), Fiber: 0.86g (3.44%), Vitamin B1: 0.05mg (3.3%), Vitamin A: 143.9IU (2.88%), Iron: 0.52mg (2.87%), Zinc: 0.33mg (2.2%), Magnesium: 8.31mg (2.08%), Calcium: 20.16mg (2.02%), Vitamin E: 0.23mg (1.5%)