



Garlic mushrooms on toast

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp vegetable oil
- ☐ 500 g mushrooms halved
- ☐ 2 garlic clove crushed
- ☐ 0.5 alouette garlic & herbs spreadable cheese soft
- ☐ 150 ml vegetable stock hot
- ☐ 2 small crusty baguette halved sliced

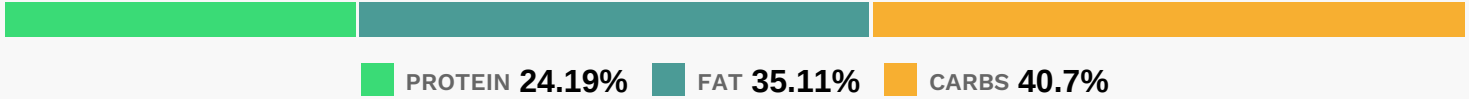
Equipment

- ☐ frying pan

Directions

☐ Heat the oil in a large frying pan, then tip in the mushrooms and garlic and cook for 3 mins. Stir in the soft cheese and the stock and simmer for 2 mins. Lightly toast the baguettes, top with the warm mushrooms and a grinding of black pepper.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:8.5313043309295%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 64.87kcal (3.24%), Fat: 2.86g (4.4%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.04g (3.38%), Cholesterol: 0.14mg (0.05%), Sodium: 187.08mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin B2: 0.52mg (30.6%), Vitamin B3: 4.75mg (23.75%), Copper: 0.41mg (20.4%), Vitamin B5: 1.9mg (18.99%), Selenium: 12.7µg (18.14%), Potassium: 409.71mg (11.71%), Phosphorus: 114.54mg (11.45%), Vitamin B1: 0.13mg (8.89%), Vitamin B6: 0.15mg (7.69%), Folate: 26.65µg (6.66%), Fiber: 1.39g (5.55%), Manganese: 0.11mg (5.35%), Zinc: 0.71mg (4.71%), Iron: 0.82mg (4.57%), Vitamin K: 4.31µg (4.11%), Vitamin C: 3.09mg (3.75%), Magnesium: 12.93mg (3.23%), Vitamin D: 0.25µg (1.67%), Vitamin A: 79.47IU (1.59%), Vitamin E: 0.21mg (1.41%), Calcium: 11.72mg (1.17%)