



## Goat Cheese and Mushroom Canapés

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

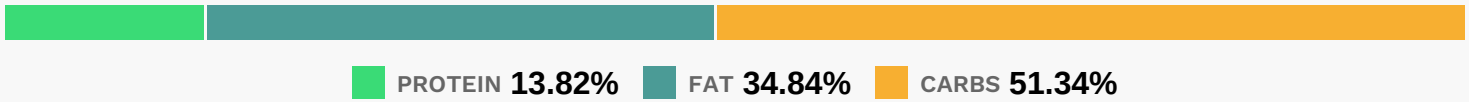
- ☐ 3 tablespoons chives chopped
- ☐ 8 ounces crimini mushrooms diced stemmed
- ☐ 2 teaspoon thyme sprigs fresh chopped
- ☐ 8 ounces goat cheese fresh
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 36 buttered toast

### Equipment

# Directions

- ☐ Mix mushrooms with juice and oil; season with salt and pepper; let sit until wilted, 20 minutes.
- ☐ Mix with cheese, chives and thyme.
- ☐ Serve on toast points.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index: 2.5, Glycemic Load: 0.01, Inflammation Score: -3, Nutrition Score: 3.575217400556%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 96.11kcal (4.81%), Fat: 3.72g (5.72%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 11.72g (4.26%), Sugar: 1.23g (1.37%), Cholesterol: 3.12mg (1.04%), Sodium: 153.86mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Selenium: 8.64µg (12.34%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.1mg (6.81%), Folate: 25.69µg (6.42%), Vitamin B3: 1.13mg (5.67%), Manganese: 0.11mg (5.54%), Copper: 0.11mg (5.46%), Iron: 0.91mg (5.06%), Phosphorus: 46.68mg (4.67%), Calcium: 36.88mg (3.69%), Fiber: 0.61g (2.45%), Vitamin K: 2.3µg (2.19%), Vitamin B5: 0.2mg (2.01%), Magnesium: 7.63mg (1.91%), Vitamin E: 0.28mg (1.88%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.28mg (1.87%), Potassium: 60.97mg (1.74%), Vitamin A: 81.29IU (1.63%)