



Mushroom-and-Arugula Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby arugula
- 2 tablespoons butter
- 1 tablespoon flour all-purpose
- 1 tablespoon flat-leaf parsley fresh chopped
- 8 oz mushrooms fresh sliced
- 4 oz goat cheese
- 2 teaspoons juice of lemon fresh
- 2 teaspoons olive oil

- 1 large shallots minced
- 3 tablespoons cooking sherry
- 4 slices sourdough bread (1/2-inch-thick)
- 4 servings table salt and pepper black to taste
- 0.5 cup vegetable broth

Equipment

- frying pan
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 35
- Bake sourdough bread slices on a wire rack on a baking sheet 12 to 14 minutes or until toasted. Meanwhile, melt butter in a large nonstick skillet over medium heat.
- Add minced shallot, and cook, stirring often, 4 to 5 minutes or until softened.
- Add mushrooms, and cook 8 to 10 minutes or until golden brown and tender. Stir in flour, and cook, stirring constantly, 2 minutes or until blended.
- Add sherry, and cook, stirring constantly, 1 to 2 minutes or until liquid evaporates.
- Add vegetable broth, and simmer 3 to 4 minutes or until sauce thickens. Stir in parsley and lemon juice.
- Add table salt and black pepper to taste.
- Remove from heat, and let stand 5 minutes. Toss arugula with olive oil. Spoon one-fourth of mushroom mixture onto each piece of toast. Top each with 1/2 cup arugula mixture and 1 goat cheese slice.
- Add desired amount of salt and pepper; serve immediately.
- A Note from Nealey: "For an extra layer of flavor, rub toasted bread with a garlic clove and brush with olive oil, or stir a dollop of sour cream into the mushroom mixture after cooking."

Nutrition Facts

PROTEIN 16.56% FAT 39.49% CARBS 43.95%

Properties

Glycemic Index:97.88, Glycemic Load:27.6, Inflammation Score:-7, Nutrition Score:16.820434819097%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 354.7kcal (17.73%), Fat: 15.5g (23.84%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 36.39g (13.23%), Sugar: 5.47g (6.07%), Cholesterol: 28.09mg (9.36%), Sodium: 853.42mg (37.11%), Alcohol: 1.16g (100%), Alcohol %: 0.67% (100%), Protein: 14.63g (29.26%), Vitamin B2: 0.63mg (37.26%), Vitamin B1: 0.55mg (36.36%), Selenium: 25.2µg (36%), Vitamin K: 30.05µg (28.62%), Folate: 109.36µg (27.34%), Vitamin B3: 5.44mg (27.19%), Copper: 0.5mg (25.17%), Manganese: 0.47mg (23.45%), Iron: 3.74mg (20.78%), Phosphorus: 204mg (20.4%), Vitamin A: 852.29IU (17.05%), Vitamin B5: 1.35mg (13.45%), Vitamin B6: 0.24mg (11.79%), Calcium: 97.63mg (9.76%), Potassium: 340.18mg (9.72%), Fiber: 2.43g (9.7%), Magnesium: 38.46mg (9.62%), Zinc: 1.34mg (8.92%), Vitamin C: 5.49mg (6.65%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.23µg (1.51%), Vitamin B12: 0.09µg (1.47%)