



Mushroom and Goat Cheese Tortas

 Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

30

CALORIES

calories

61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups arugula leaves packed
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.5 pound cremini mushrooms thinly sliced
- ☐ 2 large heads garlic peeled smashed
- ☐ 0.5 pound goat cheese soft
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 pound oyster mushrooms thinly sliced

- ☐ 1 cup tomato salsa prepared
- ☐ 30 servings salt
- ☐ 0.5 pound mushroom caps thinly sliced
- ☐ 6 bolillo rolls split

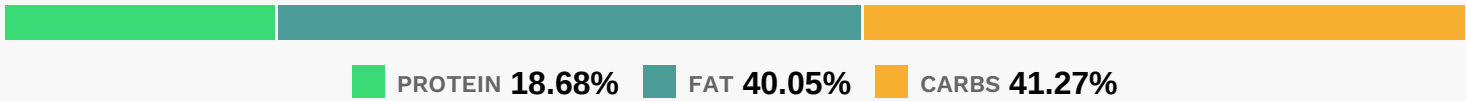
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 32
- ☐ Put the garlic in a small, deep baking dish and toss with the olive oil, lime juice and 1 teaspoon of salt. Cover and bake for about 30 minutes, until the garlic is soft and golden.
- ☐ Increase the oven temperature to 40
- ☐ Combine all of the mushrooms in a 9-by-13-inch baking dish and toss with the roasted garlic and 1 teaspoon of salt. Cover with foil and bake for 10 minutes. Uncover and bake for about 35 minutes longer, until the mushrooms are tender and golden. Stir in the chopped cilantro.
- ☐ Scrape some of the bread out of the center of the rolls and set the rolls on a large baking sheet, cut sides up.
- ☐ Spread the mushrooms over the rolls and bake for about 5 minutes to crisp the rolls.
- ☐ Spread the arugula and salsa on one half of the rolls and the goat cheese on the other half. Close the sandwiches and bake for about 5 minutes, until hot and crisp.
- ☐ Cut the sandwiches in half and serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.9547826077627%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 2.8g (4.31%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.58g (2.03%), Sugar: 0.89g (0.99%), Cholesterol: 3.48mg (1.16%), Sodium: 331.12mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin B2: 0.14mg (8.2%), Selenium: 5.3µg (7.57%), Manganese: 0.15mg (7.48%), Vitamin B3: 1.47mg (7.35%), Copper: 0.14mg (7.11%), Phosphorus: 57.37mg (5.74%), Vitamin B1: 0.07mg (4.84%), Folate: 18.9µg (4.73%), Vitamin B5: 0.44mg (4.44%), Vitamin B6: 0.08mg (3.94%), Potassium: 133.41mg (3.81%), Fiber: 0.9g (3.61%), Vitamin A: 174.6IU (3.49%), Iron: 0.62mg (3.45%), Vitamin K: 3.5µg (3.33%), Calcium: 26.63mg (2.66%), Zinc: 0.4mg (2.65%), Magnesium: 9.07mg (2.27%), Vitamin E: 0.27mg (1.8%), Vitamin C: 1.08mg (1.31%)