



Mushroom and Parmigiano Bruschetta

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 basil thinly sliced
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- 4 inch bread french toasted cut
- 2 teaspoons butter
- 1 teaspoon capers
- 0.3 cup crimini mushrooms sliced
- 0.3 teaspoon pepper red crushed
- 1 garlic clove minced
- 0.3 cup spring onion chopped

- 1 ounce parmesan shaved
- 0.5 cup plum tomatoes seeded chopped
- 0.3 cup portabello mushrooms sliced
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt
- 0.3 cup mushroom caps sliced
- 0.5 teaspoon sugar

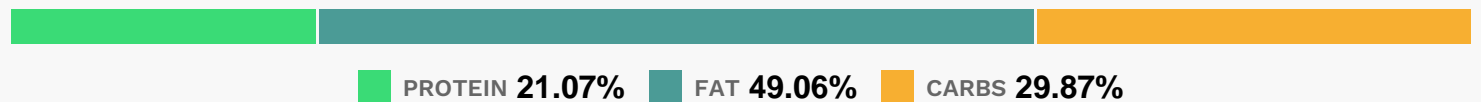
Equipment

- bowl
- frying pan

Directions

- Combine first 7 ingredients in a medium bowl; set aside.
- Melt butter in a medium nonstick skillet over medium heat.
- Add mushrooms, onions, and garlic; cook 5 minutes or until tender, stirring frequently.
- Add mushroom mixture to tomato mixture; toss well to combine.
- Spoon about 1 tablespoon mushroom mixture onto each bread slice.
- Sprinkle evenly with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:119.44, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:6.4752173657003%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 74.69kcal (3.73%), Fat: 4.21g (6.47%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.44g (1.61%), Sugar: 2.38g (2.65%), Cholesterol: 10.19mg (3.4%), Sodium: 236.19mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Vitamin K: 24.26µg (23.11%), Vitamin A: 569.86IU (11.4%), Calcium: 102.83mg (10.28%), Phosphorus: 101.8mg (10.18%), Selenium: 6.5µg (9.29%), Manganese: 0.17mg (8.69%), Vitamin B3: 1.69mg (8.46%), Vitamin B2: 0.13mg (7.37%), Vitamin C: 5.89mg (7.13%), Potassium: 222.76mg (6.36%), Vitamin B6: 0.12mg (6.22%), Copper: 0.12mg (5.99%), Vitamin B5: 0.55mg (5.51%), Fiber: 1.33g (5.3%), Folate: 18.65µg (4.66%), Zinc: 0.63mg (4.2%), Magnesium: 15.14mg (3.79%), Iron: 0.59mg (3.26%), Vitamin B1: 0.04mg (2.87%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.1µg (1.65%)