



## Mushroom and Ricotta Bruschetta

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pinch pepper black freshly ground to taste
- 1 tablespoon butter
- 0.5 cup chicken broth
- 1 eggs
- 4 slices bread french toasted
- 0.3 cup green onions chopped
- 2 teaspoons juice of lemon
- 1 lemon zest

- 1 tablespoon olive oil
- 2 tablespoons parsley italian chopped
- 1 pinch pepper flakes red to taste
- 1 cup ricotta cheese
- 0.5 teaspoon salt
- 4 servings salt and pepper black freshly ground to taste
- 16 large mushrooms white sliced

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Mix ricotta, egg, lemon zest, 1/2 teaspoon salt, black pepper, and red pepper flakes in a bowl until smooth.
- Place toasted bread slices on a baking sheet.
- Sprinkle with 1 tablespoon olive oil and evenly divide ricotta mixture atop 4 bread slices.
- Bake in the preheated oven until cheese is browned, about 12 minutes.
- Heat butter and 1 tablespoon olive oil in a large skillet over medium-high heat; cook and stir mushrooms in mixture until browned, 5 to 6 minutes.
- Add green onions; cook and stir until softened, 2 to 3 minutes. Stir marsala wine into mixture and cook until reduced by half, about 1 minute.
- Reduce heat to medium-low.
- Add chicken stock and lemon juice to skillet; cook until liquid has evaporated. Reduce heat to low. Stir in parsley and butter. Season with salt and black pepper to taste.
- Spoon mushroom mixture equally atop 4 slices of ricotta-topped bread slices.

## Nutrition Facts

PROTEIN 19.11% FAT 40.32% CARBS 40.57%

## Properties

Glycemic Index:79.38, Glycemic Load:26.91, Inflammation Score:-7, Nutrition Score:20.850869676341%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 380.09kcal (19%), Fat: 17.4g (26.77%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 36.64g (13.32%), Sugar: 5.41g (6.01%), Cholesterol: 80.65mg (26.88%), Sodium: 882.49mg (38.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Selenium: 39.44µg (56.35%), Vitamin B2: 0.84mg (49.52%), Vitamin K: 49.48µg (47.13%), Vitamin B1: 0.55mg (36.97%), Vitamin B3: 6.62mg (33.08%), Folate: 114.84µg (28.71%), Phosphorus: 272.2mg (27.22%), Manganese: 0.43mg (21.48%), Copper: 0.43mg (21.36%), Iron: 3.68mg (20.45%), Vitamin B5: 1.92mg (19.21%), Calcium: 182.83mg (18.28%), Potassium: 489.4mg (13.98%), Zinc: 2.08mg (13.89%), Vitamin A: 663.14IU (13.26%), Fiber: 2.76g (11.05%), Vitamin B6: 0.22mg (10.99%), Vitamin C: 8.67mg (10.51%), Magnesium: 40.15mg (10.04%), Vitamin E: 0.99mg (6.61%), Vitamin B12: 0.36µg (5.96%), Vitamin D: 0.53µg (3.52%)