



Mushroom Bruschetta

READY IN



30 min.

SERVINGS



24

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baguette toasted sliced into 3/ rounds &
- ☐ 2 tablespoon unsalted butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 ounce fontina grated
- ☐ 1 pound wild" mushrooms such as cremini, shitake & chanterelles assorted
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 24 servings kosher salt and freshly cracked pepper black as needed to taste
- ☐ 1 cup milk
- ☐ 0.3 cup olive oil

☐ 3 ounce taleggio cheese grated

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

Directions

☐ Place the oven rack in center position.

☐ Heat the oven to 400 degrees F.

☐ Place the mushrooms in a medium-sized bowl, drizzle in olive oil, season with salt and pepper. Toss to coat.

☐ Spread the mushrooms out on a parchment-lined rimmed baking sheet in as close to a single layer as possible. Roast in the oven until slightly browned, about 12 minutes. Set aside. Prepare the sauce: Meanwhile, in a large saucepan, melt the butter over moderate heat. Stir in the flour until a paste forms. Gradually pour in the ¼ cup milk, whisking until smooth. Bring the béchamel sauce to a simmer over moderately high heat, whisking constantly, until thickened, about 4 minutes.

☐ Add the remaining 3/4 cup milk. Reduce the heat to low and cook, whisking often, about 10 minutes.

☐ Remove from the heat and stir in the taleggio and fontina cheese until melted, followed by the thyme leaves. Season the sauce with salt and pepper.

☐ Add the roasted mushrooms and all their juices to the pan, stirring to re-heat.

☐ Remove from heat and pour into a serving bowl.

☐ Serve warm as topping for the toasted baguette slices.

Nutrition Facts



 PROTEIN **13.53%**  FAT **56.91%**  CARBS **29.56%**

Properties

Glycemic Index:12.78, Glycemic Load:3.64, Inflammation Score:-4, Nutrition Score:3.6665217746859%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 92.42kcal (4.62%), Fat: 5.89g (9.06%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.23g (1.36%), Cholesterol: 10.64mg (3.55%), Sodium: 337.98mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin D: 1.13µg (7.57%), Calcium: 65.97mg (6.6%), Vitamin B3: 1.26mg (6.3%), Iron: 1.08mg (6.02%), Vitamin B2: 0.1mg (5.7%), Manganese: 0.11mg (5.42%), Vitamin B1: 0.07mg (4.62%), Phosphorus: 43.59mg (4.36%), Selenium: 2.94µg (4.19%), Copper: 0.08mg (4.09%), Fiber: 0.97g (3.9%), Potassium: 127.83mg (3.65%), Vitamin A: 160.94IU (3.22%), Folate: 11.88µg (2.97%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.39mg (2.63%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.12µg (1.94%), Magnesium: 7.3mg (1.82%), Vitamin K: 1.86µg (1.77%), Vitamin B6: 0.03mg (1.44%)