



## Mushroom Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup button mushrooms sliced
- 8 ounces crimini mushrooms sliced
- 0.5 teaspoon flour all-purpose
- 1 garlic clove halved
- 4 ounces bread italian toasted ( )
- 1 teaspoon olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

2 teaspoons or dried fresh minced

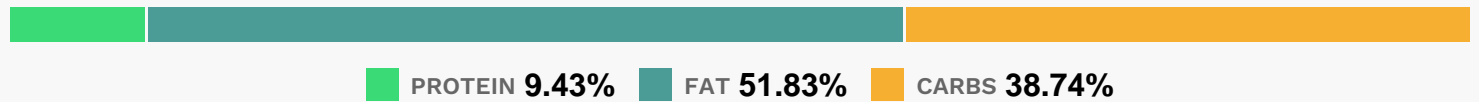
## Equipment

frying pan

## Directions

- Heat oil in a medium nonstick skillet over medium heat.
- Add mushrooms and salt; stir well. Cover and cook for 5 minutes. Increase heat to medium-high; add minced thyme, flour, and pepper, and cook for 1 minute, stirring occasionally.
- Rub cut sides of garlic over bread slices. Spoon 2 tablespoons mushroom mixture onto each bread slice.
- Garnish with thyme sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:4.1978260317574%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 94.17kcal (4.71%), Fat: 5.6g (8.61%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.51g (3.09%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 127.78mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Selenium: 8.6µg (12.28%), Vitamin B2: 0.2mg (11.88%), Vitamin B3: 2.17mg (10.86%), Copper: 0.18mg (9.19%), Vitamin B5: 0.61mg (6.08%), Potassium: 200.03mg (5.72%), Phosphorus: 50.84mg (5.08%), Folate: 18.99µg (4.75%), Iron: 0.8mg (4.44%), Vitamin K: 4.65µg (4.42%), Vitamin B1: 0.06mg (3.97%), Manganese: 0.08mg (3.84%), Fiber: 0.9g (3.59%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.49%), Magnesium: 6.77mg (1.69%), Calcium: 11.07mg (1.11%)