



Mushroom Duxelles on Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 8 inch diagonally bread baguette french cut
- ☐ 8 ounces cremini mushrooms
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ounces shiitake mushroom caps

☐ 3 tablespoons whipping cream

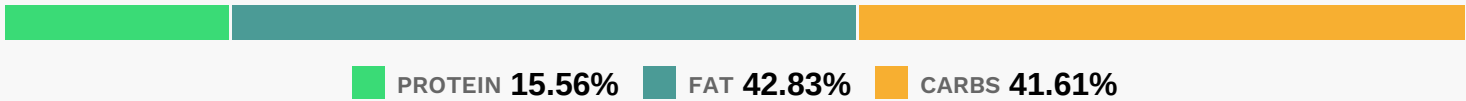
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ broiler

Directions

- ☐ Prepare grill or broiler.
- ☐ Place bread on a grill rack or baking sheet; cook 1 minute on each side or until toasted.
- ☐ Place mushrooms in a food processor; pulse 10 times or until finely chopped.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms and garlic; saut 10 minutes or until most of the liquid evaporates.
- ☐ Add parsley and remaining ingredients; cook 2 minutes, stirring occasionally. Spoon 1 tablespoon duxelles onto each bread slice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:5.9321738935035%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 44.66kcal (2.23%), Fat: 2.34g (3.6%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.49g (1.66%), Cholesterol: 6.36mg (2.12%), Sodium: 163.94mg (7.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 16.83µg (16.02%), Selenium: 10.05µg (14.36%), Vitamin B2: 0.22mg (13.06%), Vitamin B3: 2.35mg (11.76%), Copper: 0.19mg (9.75%), Vitamin B5: 0.9mg (8.99%), Manganese: 0.17mg (8.66%), Phosphorus: 75.24mg (7.52%), Vitamin B6: 0.14mg (6.79%), Potassium: 236.07mg (6.74%), Zinc: 0.68mg (4.52%), Fiber: 1.12g (4.49%), Vitamin A: 191.18IU (3.82%), Folate: 14.95µg (3.74%), Vitamin B1: 0.05mg (3.08%), Vitamin C: 2.52mg (3.05%), Magnesium: 11.35mg (2.84%), Iron: 0.5mg (2.79%), Calcium: 18.37mg (1.84%), Vitamin D: 0.23µg (1.54%)