



WHATSheATE



Mushroom-Olive Bruschetta



Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 can mushroom stems and pieces drained (8-oz size)
- ☐ 0.5 cup olives pitted ripe
- ☐ 2 tablespoons capers drained
- ☐ 1 clove garlic sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon balsamic vinegar
- ☐ 10 slices bread french toasted

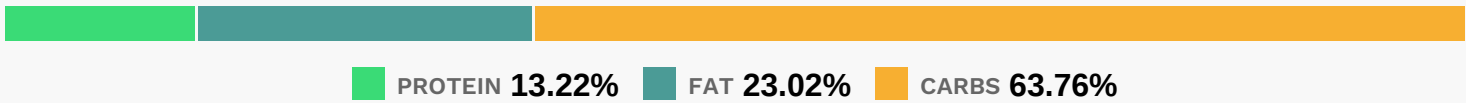
Equipment

☐ food processor

Directions

- ☐ In food processor, mix mushrooms, olives, capers and garlic. Cover; process using quick on-and-off pulses until finely chopped.
- ☐ Add oil and vinegar; process just until mixed (do not overprocess).
- ☐ Spread mushroom mixture on toasted bread.
- ☐ Cut slices in half.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:12.88, Inflammation Score:-2, Nutrition Score:4.2278261032441%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 2.82g (4.34%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.67g (6.06%), Sugar: 1.74g (1.94%), Cholesterol: 0.31mg (0.1%), Sodium: 292.92mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin B1: 0.23mg (15.22%), Selenium: 9.21µg (13.16%), Folate: 39.65µg (9.91%), Manganese: 0.17mg (8.59%), Vitamin B2: 0.14mg (8.13%), Vitamin B3: 1.56mg (7.78%), Iron: 1.3mg (7.21%), Fiber: 0.91g (3.62%), Phosphorus: 34.2mg (3.42%), Copper: 0.06mg (2.82%), Magnesium: 11.01mg (2.75%), Vitamin E: 0.4mg (2.7%), Calcium: 25.39mg (2.54%), Potassium: 88.65mg (2.53%), Zinc: 0.34mg (2.26%), Vitamin B6: 0.04mg (1.87%), Vitamin K: 1.31µg (1.25%), Vitamin B5: 0.11mg (1.09%)