



## Mushroom Pesto Crostini

READY IN



50 min.

SERVINGS



36

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 36 slices baguette bread ( )
- 1 ounce porcini mushrooms dried
- 2 garlic cloves
- 0.8 cup olive oil
- 0.5 cup parmesan freshly grated
- 1.5 cups parsley leaves fresh italian
- 36 servings salt and pepper black freshly ground
- 0.5 cup walnuts toasted
- 8 ounces button mushrooms white quartered

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- grill pan

## Directions

- Watch how to make this recipe.
- Place the porcini mushrooms in a bowl of hot water; press to submerge.
- Let stand until the mushrooms are tender, about 15 minutes. Scoop out mushrooms, being carefully not to stir any dirt that may have sunk to the bottom of the water. Discard mushroom water.
- Combine the porcini mushrooms, button mushrooms, walnuts, garlic, and parsley in a food processor and pulse until coarsely chopped. With the machine running, gradually add 1/2 cup of the oil, blending just until the mushrooms are finely chopped.
- Transfer the mushroom mixture to a medium bowl. Stir in the Parmesan. Season the pesto with salt and pepper, to taste. If not using mushroom pesto right away, cover tightly with plastic wrap to prevent possible discoloration of mushrooms.
- Preheat a grill pan to medium-high heat. Arrange the bread slices on pan, cut-side down.
- Brush the remaining 1/4 cup of oil over the bread slices. Cook until pale golden and crisp, about 5 minutes.
- Alternatively, you can toast the bread in the oven. Preheat the oven to 375 degrees F. Arrange the bread slices on 2 heavy large baking sheet.
- Brush the remaining 1/4 cup of oil over the bread slices.
- Bake until pale golden and crisp, about 15 minutes.
- Spread the mushroom pesto over the crostini. Arrange the crostini on a platter and serve.

## Nutrition Facts

PROTEIN 15.24% FAT 30.4% CARBS 54.36%

## Properties

Glycemic Index:6.44, Glycemic Load:7.28, Inflammation Score:-3, Nutrition Score:7.4030434113482%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 105.86kcal (5.29%), Fat: 3.64g (5.6%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 13.15g (4.78%), Sugar: 1.82g (2.03%), Cholesterol: 0.94mg (0.31%), Sodium: 156.61mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin K: 43.15µg (41.09%), Manganese: 0.42mg (21.06%), Selenium: 9.44µg (13.48%), Vitamin B3: 1.96mg (9.8%), Vitamin B1: 0.13mg (8.75%), Folate: 31.67µg (7.92%), Iron: 1.28mg (7.14%), Vitamin B2: 0.12mg (6.81%), Copper: 0.13mg (6.7%), Phosphorus: 60.98mg (6.1%), Fiber: 1.49g (5.97%), Calcium: 57.52mg (5.75%), Vitamin B5: 0.52mg (5.24%), Vitamin A: 222.89IU (4.46%), Magnesium: 17.73mg (4.43%), Vitamin C: 3.61mg (4.38%), Zinc: 0.5mg (3.35%), Vitamin B6: 0.06mg (2.99%), Potassium: 95.89mg (2.74%), Vitamin E: 0.22mg (1.45%)