



Open-Faced Chanterelle, Asparagus and Brie Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 medium asparagus
- ☐ 8 slice round of président brie
- ☐ 4 ounce chanterelles halved quartered (or if large)
- ☐ 2 tablespoon cup heavy whipping cream
- ☐ 2 teaspoon cchopped herbs fresh finely chopped
- ☐ 2 teaspoon juice of lemon freshly squeezed
- ☐ 0.5 cup chicken stock see low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 4 slice rustic bread thick lightly toasted ()
- ☐ 2 tablespoon butter unsalted

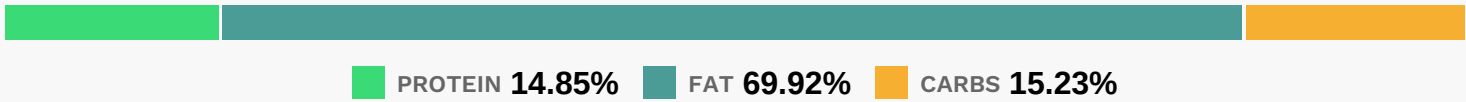
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Turn on the broiler.Slice the asparagus tips and about 2-inches of stalk from the rest of the asparagus. Set the tips aside for this recipe. Save the remaining stalks for another use.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add butter and oil; heat until butter has melted.
- ☐ Add the asparagus and cook stirring often for 1 minute. Stir in chanterelle mushrooms and stock; bring to a simmer. Cover the pan and cook 2 more minutes. Uncover, and cook until asparagus is tender, about 2 minutes more.
- ☐ Add cream; cook until reduced and slightly thickened, 1 to 2 minutes. Stir in herbs and lemon juice. Season with salt and pepper; remove from heat. Cover and set aside.
- ☐ Place the toasts on a baking sheet and top each with 2 slices of brie.
- ☐ Place the baking sheet under the broiler until the cheese begins to bubble and the edges of the toast get browned. Watch them carefully. When finished place the toasts onto 4 individual serving plates. Divide the chanterelle and asparagus mixture evenly between the toasts, and drizzle with sauce. Season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:16.583043575287%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.43mg, Quercetin: 13.43mg, Quercetin: 13.43mg, Quercetin: 13.43mg

Nutrients (% of daily need)

Calories: 440.53kcal (22.03%), Fat: 34.91g (53.7%), Saturated Fat: 19.48g (121.75%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 13.31g (4.84%), Sugar: 8.89g (9.88%), Cholesterol: 79.53mg (26.51%), Sodium: 442.68mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Vitamin K: 44.88µg (42.74%), Vitamin B2: 0.53mg (31.25%), Vitamin A: 1346.82IU (26.94%), Folate: 100.57µg (25.14%), Iron: 3.83mg (21.3%), Phosphorus: 193.87mg (19.39%), Vitamin B3: 3.62mg (18.12%), Vitamin B12: 0.98µg (16.29%), Selenium: 11.25µg (16.07%), Copper: 0.31mg (15.48%), Fiber: 3.8g (15.21%), Potassium: 502.95mg (14.37%), Zinc: 2.15mg (14.32%), Vitamin B1: 0.21mg (14.08%), Calcium: 138.4mg (13.84%), Vitamin D: 2.01µg (13.38%), Vitamin E: 1.96mg (13.06%), Manganese: 0.25mg (12.63%), Vitamin B6: 0.24mg (11.92%), Vitamin B5: 0.98mg (9.84%), Magnesium: 32.86mg (8.22%), Vitamin C: 6.45mg (7.82%)