



## Parmesan Bruschetta with Mushroom Ragu

READY IN



30 min.

SERVINGS



18

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb bread baguette french ends trimmed cut into 18 slices
- 14.5 oz canned tomatoes diced undrained canned
- 0.5 lb cremini and shiitake mushrooms fresh cut in half
- 0.3 tsp pepper red crushed
- 1 oz porcini mushrooms dried
- 0.3 cup thyme leaves fresh chopped
- 3 Tbsp olive oil divided
- 1 onion chopped
- 0.5 cup parmesan cheese divided grated kraft

2 cups water hot

## Equipment

bowl

frying pan

baking sheet

oven

## Directions

Add hot water to dried mushrooms in bowl; let stand 15 min. Meanwhile, heat 1 Tbsp. oil in large skillet on medium heat.

Add fresh mushrooms, onions, crushed pepper and 1/4 cup cheese; mix well. Cook 10 min., stirring frequently.

Add soaked mushrooms (with liquid) to skillet along with the tomatoes and thyme; stir. Bring to boil; simmer on medium-low heat 10 min., stirring frequently.

Meanwhile, heat oven to 425F.

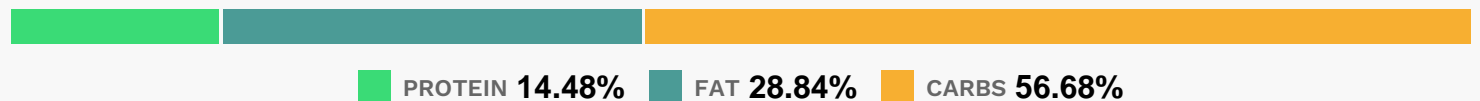
Place bread slices in single layer on baking sheet.

Brush with remaining oil; sprinkle with remaining cheese.

Bake 10 min.

Spoon mushroom mixture onto toast slices just before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.47, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:6.5017390924951%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg,

Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 115.33kcal (5.77%), Fat: 3.8g (5.85%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.56g (5.66%), Sugar: 2.22g (2.47%), Cholesterol: 2.42mg (0.81%), Sodium: 236.05mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Selenium: 12.24µg (17.49%), Vitamin B1: 0.21mg (13.99%), Vitamin B2: 0.22mg (12.73%), Vitamin B3: 2.1mg (10.51%), Copper: 0.21mg (10.49%), Manganese: 0.21mg (10.38%), Folate: 40.16µg (10.04%), Iron: 1.44mg (7.98%), Phosphorus: 70.68mg (7.07%), Vitamin B5: 0.66mg (6.64%), Calcium: 52.02mg (5.2%), Fiber: 1.24g (4.96%), Potassium: 171.43mg (4.9%), Vitamin B6: 0.09mg (4.69%), Zinc: 0.7mg (4.66%), Vitamin C: 3.63mg (4.4%), Magnesium: 16.68mg (4.17%), Vitamin E: 0.57mg (3.81%), Vitamin K: 2.34µg (2.23%), Vitamin A: 88.8IU (1.78%)