



Portabella Mushroom and Dried Tomato Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon balsamic vinegar
- 2 garlic clove
- 1 cup water
- 0.3 cup sun-dried olives dried
- 0.8 pound portabello mushrooms
- 2 slices bread crumbs italian
- 3 tablespoons olive oil

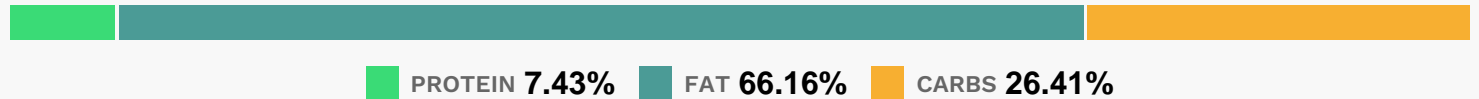
Equipment

- frying pan
- sauce pan
- blender

Directions

- In a small saucepan simmer tomatoes in water, uncovered, until tender, about 10 minutes. In a blender purée tomatoes, cooking liquid, and vinegar until smooth (use caution when blending hot liquids) and season with salt and pepper.
- Cut mushrooms into 1/4-inch-thick slices and mince garlic. In a large skillet heat 2 tablespoons oil over moderate heat until hot but not smoking and cook mushrooms and garlic with salt and pepper to taste, stirring, until liquid mushrooms give off is evaporated, about 5 minutes.
- Remove skillet from heat and toss mushrooms with remaining tablespoon oil. Keep mushrooms warm, covered.
- Toast bread and spread with tomato purée. Top purée with mushrooms.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:17.525217279144%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 376.81kcal (18.84%), Fat: 29.08g (44.74%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 21.45g (7.8%), Sugar: 16.01g (17.78%), Cholesterol: 0mg (0%), Sodium: 111.64mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin B3: 9.81mg (49.05%), Selenium: 32.82µg (46.89%), Copper: 0.71mg (35.51%), Potassium: 1149.22mg (32.83%), Phosphorus: 245.12mg (24.51%), Vitamin B5: 2.24mg

(22.44%), Manganese: 0.42mg (21.23%), Vitamin E: 3.06mg (20.41%), Fiber: 4.67g (18.66%), Vitamin B2: 0.31mg (18.22%), Vitamin K: 18.61µg (17.72%), Folate: 69.67µg (17.42%), Vitamin B6: 0.33mg (16.73%), Vitamin B1: 0.21mg (13.8%), Iron: 2.38mg (13.24%), Zinc: 1.26mg (8.43%), Magnesium: 32.31mg (8.08%), Vitamin C: 6.33mg (7.67%), Vitamin D: 0.51µg (3.4%), Calcium: 30.09mg (3.01%), Vitamin A: 120.44IU (2.41%), Vitamin B12: 0.09µg (1.42%)