



Portobello Mushroom Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



352 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup basil fresh shredded
- ☐ 8 slices top italian
- ☐ 1 clove garlic minced
- ☐ 1 garlic clove peeled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil
- ☐ 6 portobello caps

- ☐ 0.3 cup onion red minced
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings tomato relish
- ☐ 4 cups baby tomatoes red yellow assorted (, , and orange)

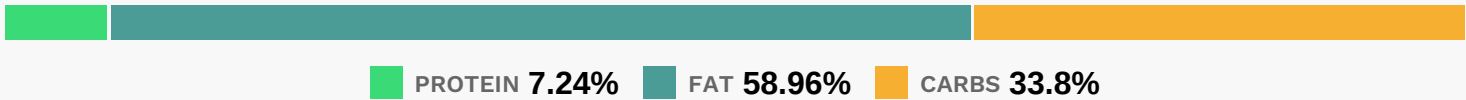
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Toast bread in 350 degree F oven until golden brown, about 10 minutes. Rub lightly with garlic clove while still warm.
- ☐ Remove gills from mushrooms with spoon and cut into 1/4-inch thick slices. In a large skillet heat 2 tablespoons oil over moderate heat until hot but not smoking and cook mushrooms until softened, then add garlic stirring, until all liquid mushrooms give off is evaporated, about 5 minutes.
- ☐ Remove skillet from heat. Keep mushrooms warm, covered.
- ☐ Top toasted bread with sauteed mushrooms and tomato relish.
- ☐ Garnish with basil.
- ☐ Cut tomatoes in quarters, combine red onion, basil, vinegar, olive oil. Season, to taste, and let marinate for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:4.01, Inflammation Score:-9, Nutrition Score:18.643043520658%

Flavonoids

Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 352.36kcal (17.62%), Fat: 23.95g (36.85%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 25.34g (9.21%), Sugar: 19.57g (21.75%), Cholesterol: 0mg (0%), Sodium: 317.46mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin A: 2380.37IU (47.61%), Vitamin C: 39.25mg (47.58%), Vitamin B3: 6.66mg (33.3%), Vitamin K: 34.65µg (33%), Potassium: 1055.75mg (30.16%), Vitamin E: 3.5mg (23.36%), Selenium: 15.81µg (22.58%), Fiber: 5.55g (22.21%), Manganese: 0.44mg (22.02%), Folate: 84.21µg (21.05%), Copper: 0.42mg (20.94%), Vitamin B6: 0.37mg (18.5%), Phosphorus: 173.83mg (17.38%), Vitamin B1: 0.2mg (13.05%), Vitamin B5: 1.22mg (12.24%), Vitamin B2: 0.19mg (11.18%), Iron: 1.8mg (10.01%), Magnesium: 38.27mg (9.57%), Zinc: 1.01mg (6.76%), Calcium: 39.14mg (3.91%), Vitamin D: 0.25µg (1.68%)