



Roasted Garlic and Portobello Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 5 ounces bread baguette french ()
- ☐ 2 garlic heads whole
- ☐ 3 ounces goat cheese crumbled
- ☐ 6 ounce pre portobello mushrooms

Equipment

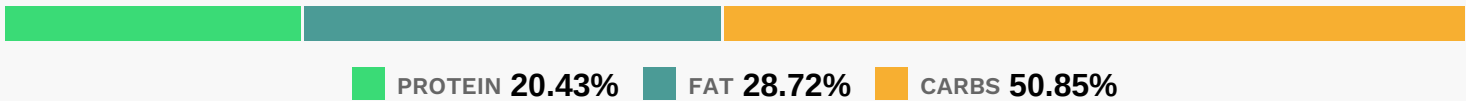
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic heads (do not peel or separate cloves). Wrap each head separately in foil.
- ☐ Bake at 350 for 1 hour; let cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Set pulp aside.
- ☐ Combine mushrooms and balsamic vinegar in a shallow dish, turning mushrooms to coat.
- ☐ Let stand 15 minutes.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushroom and vinegar mixture; cook 5 minutes or until mushrooms are tender, stirring occasionally.
- ☐ Preheat broiler.
- ☐ Spread roasted garlic pulp on 1 side of each bread slice; divide mushrooms evenly among bread slices. Spoon 2 teaspoons cheese onto each crostino.
- ☐ Place crostini on a baking sheet; broil 2 minutes or until toasted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:2.364782595764%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45.64kcal (2.28%), Fat: 1.47g (2.25%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.48g (1.99%), Sugar: 1.09g (1.21%), Cholesterol: 2.61mg (0.87%), Sodium: 79.33mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Selenium: 5.03µg (7.18%), Vitamin B1: 0.08mg (5.24%), Vitamin B3: 0.99mg (4.96%), Vitamin B2: 0.08mg (4.53%), Copper: 0.09mg (4.5%), Folate: 15.49µg (3.87%), Phosphorus: 37.7mg (3.77%), Manganese: 0.07mg (3.62%), Iron: 0.53mg (2.97%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.2mg (2.02%), Potassium: 57.8mg (1.65%), Zinc: 0.22mg (1.45%), Fiber: 0.36g (1.45%), Calcium: 14.49mg (1.45%), Vitamin A: 58.61IU (1.17%), Magnesium: 4.29mg (1.07%)