



# Rustic Brie Toasts with Wild Mushroom, Cranberry and Shallot

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

## Ingredients

- 2 cups mushrooms wild diced finely ( - I used oyster)
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- 1 shallots diced finely ( )
- 0.3 1/4 cup dried cranberry (juice sweetened if possible) dried sweetened (juice if possible)
- 1 tsp thyme sprigs fresh finely minced ( )
- 1 crusty baguette
- 1 tbsp olive oil
- 1 round of président brie

1 pinch salt and pepper

## Equipment

frying pan

baking sheet

oven

## Directions

Start by pre-heating your oven to 350 degrees. While the oven is pre-heating, heat the olive oil in a saut pan and add the shallot, diced mushroom, cranberry and thyme. Saut for a few minutes until the shallot begins to wilt and then season with salt and pepper and set aside to cool.

Slice 12 pieces of brie and place each piece on the bread. Follow with a spoonful of the cranberry, mushroom and shallot mixture and place on an oiled cookie sheet.

Bake the toasts for 15 minutes or just until the brie melts.

## Nutrition Facts

**PROTEIN 20.2%** **FAT 46.27%** **CARBS 33.53%**

## Properties

Glycemic Index:29.38, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:7.1686956521739%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Taste

Sweetness: 19.24%, Saltiness: 100%, Sourness: 20.65%, Bitterness: 40.29%, Savoriness: 64.45%, Fattiness: 76.16%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 162.95kcal (8.15%), Fat: 8.48g (13.04%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.82g (4.66%), Sugar: 2.23g (2.48%), Cholesterol: 22.6mg (7.53%), Sodium: 302.79mg (13.16%), Protein: 8.33g (16.65%), Vitamin B2: 0.35mg (20.77%), Selenium: 11.18µg (15.97%), Vitamin B3: 2.61mg (13.07%), Vitamin B1: 0.19mg (12.93%), Folate: 48.85µg (12.21%), Phosphorus: 100.85mg (10.09%), Vitamin B5: 0.83mg (8.33%), Copper: 0.16mg (7.97%), Manganese: 0.15mg (7.52%), Calcium: 70.25mg (7.03%), Iron: 1.22mg (6.77%),

Vitamin B12: 0.39µg (6.47%), Vitamin B6: 0.13mg (6.4%), Zinc: 0.95mg (6.31%), Potassium: 196.34mg (5.61%), Fiber: 1g (4%), Magnesium: 15.13mg (3.78%), Vitamin A: 137.7IU (2.75%), Vitamin E: 0.33mg (2.22%), Vitamin K: 2.13µg (2.03%), Vitamin C: 1.14mg (1.38%), Vitamin D: 0.19µg (1.27%)