

Sautéed Mushroom and Pancetta Bruschetta

READY IN



55 min.

SERVINGS



10

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 1 pound crimini mushrooms trimmed sliced
- 8 ounces bread crumbs italian
- 1 teaspoon thyme sprigs fresh coarsely chopped
- 1 medium garlic clove
- 0.3 cup cup heavy whipping cream
- 10 servings kosher salt
- 1 tablespoon olive oil
- 0.5 cup pancetta

1 tablespoon red wine vinegar

Equipment

frying pan

baking sheet

grill

slotted spoon

grill pan

Directions

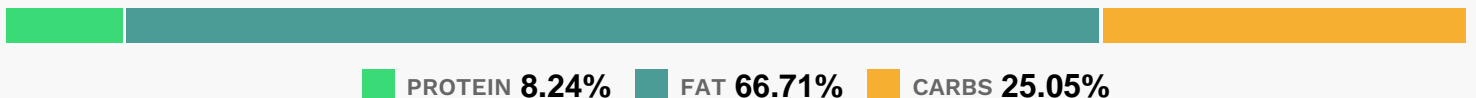
Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.

Place the oil and pancetta in a large frying pan over medium heat and cook, stirring occasionally, until the pancetta is crisp and browned, about 10 minutes. Using a slotted spoon, remove the pancetta to a paper-towel-lined plate and set aside. Increase the heat to high, add the mushrooms and thyme, and cook, stirring rarely, until the mushrooms are golden brown, about 7 to 9 minutes.

Remove the pan from the heat, add the wine and vinegar, and scrape up any browned bits stuck to the bottom of the pan until the liquid has been absorbed, about 30 seconds. Return the pan to low heat, stir in the cream, and cook until the sauce thickens slightly, about 2 minutes.

Add the reserved pancetta and stir to combine. Taste and season with salt and pepper as needed. To serve, divide the mushroom mixture evenly over the grilled bread and cut the bruschetta into pieces if desired before serving.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.0617391311604%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 226.39kcal (11.32%), Fat: 17.02g (26.18%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.26g (4.82%), Sugar: 8.02g (8.91%), Cholesterol: 16.77mg (5.59%), Sodium: 361.34mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Selenium: 14.46µg (20.65%), Vitamin B3: 3.23mg (16.16%), Vitamin B2: 0.27mg (15.8%), Copper: 0.24mg (11.81%), Phosphorus: 85.41mg (8.54%), Potassium: 287.77mg (8.22%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.11mg (7.33%), Folate: 26.06µg (6.52%), Zinc: 0.71mg (4.75%), Fiber: 1.13g (4.5%), Vitamin B6: 0.09mg (4.44%), Manganese: 0.09mg (4.41%), Iron: 0.78mg (4.33%), Magnesium: 10.54mg (2.64%), Vitamin A: 131.07IU (2.62%), Vitamin E: 0.33mg (2.21%), Vitamin B12: 0.12µg (1.95%), Calcium: 16.01mg (1.6%), Vitamin D: 0.22µg (1.46%), Vitamin K: 1.27µg (1.21%)