



Sauteed Mushrooms with Toasted Flatbread and Baked Eggs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoon thyme leaves fresh packed
- ☐ 2 clove garlic sliced ()
- ☐ 4 servings kosher salt as needed
- ☐ 3 tablespoon olive oil extra-virgin
- ☐ 4 servings pepper flakes red as needed crushed
- ☐ 1 pound mushroom caps

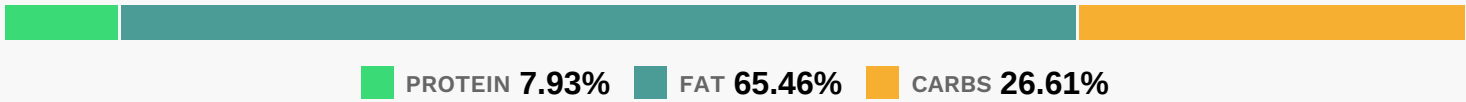
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 425 degrees. Toast flatbread over the flame of a gas burner or under broiler. Tear into 2-inch pieces; set aside.
- ☐ Heat oil and garlic in a large ovenproof skillet over medium heat, stirring, until garlic is fragrant but not browned, about 1 minute. Increase heat to medium-high, add mushrooms, and cook, stirring occasionally, until tender and golden brown, about 10 minutes. Season with salt and red-pepper flakes.
- ☐ Add wine, scraping up browned bits. Stir in flatbread and thyme; remove from heat. Make 4 shallow wells in mushroom mixture and crack 1 egg into each well.
- ☐ Transfer to oven and cook until egg whites have just set, about 4 minutes. Season eggs with salt and red-pepper flakes. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:10.645217423854%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 155.09kcal (7.75%), Fat: 11.41g (17.55%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3g (3.34%), Cholesterol: 0mg (0%), Sodium: 238.33mg (10.36%), Alcohol: 1.54g (100%), Alcohol %: 1.34% (100%), Protein: 3.11g (6.22%), Vitamin B3: 4.72mg (23.59%), Vitamin B6: 0.41mg (20.62%), Manganese: 0.4mg (19.91%), Vitamin B5: 1.75mg (17.49%), Vitamin B2: 0.29mg (16.78%), Fiber: 4.05g (16.21%), Vitamin A: 759.42IU (15.19%), Vitamin E: 2.28mg (15.17%), Phosphorus: 141.71mg (14.17%), Potassium: 421.86mg (12.05%), Copper: 0.21mg (10.28%), Selenium: 7.1µg (10.14%), Zinc: 1.35mg (9.02%), Iron: 1.55mg (8.6%), Magnesium: 33.14mg (8.28%), Vitamin K: 8.52µg (8.11%), Vitamin C: 6.09mg (7.38%), Folate: 17.07µg (4.27%), Vitamin D: 0.45µg (3.02%), Calcium: 27.33mg (2.73%), Vitamin B1: 0.03mg (1.83%)