



Sourdough Toasts with Mushrooms and Oysters

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

Ingredients

- ☐ 1 tablespoon flat parsley finely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 6 servings kosher salt
- ☐ 1.5 pounds mushrooms halved (such as chanterelles, morels, crimini, or button mushrooms) (if large)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 12 dozens oysters fresh drained chopped
- ☐ 2 small shallots minced
- ☐ 8 tablespoons butter unsalted divided (1 stick)

- ☐ 12 slices frangelico very thin
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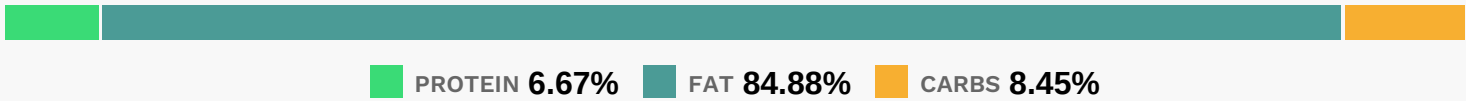
Equipment

- ☐ frying pan
- ☐ wire rack

Directions

- ☐ Melt 2 tablespoons butter in a large heavy skillet over medium heat.
- ☐ Add 3 bread slices and toast until golden and crisp, about 3 minutes.
- ☐ Add 1 tablespoon butter to skillet; turn bread and toast until golden and crisp, about 3 minutes longer.
- ☐ Transfer toasts to a wire rack; let cool. Repeat with remaining 3 bread slices and 3 tablespoons butter. DO AHEAD: Can be made 1 hour ahead.
- ☐ Let stand at room temperature.
- ☐ Wipe skillet clean.
- ☐ Heat oil in skillet over medium-high heat.
- ☐ Add mushrooms and sauté, tossing frequently, until lightly colored but still firm, about 2 minutes. Season with salt and transfer one third of mushrooms to a plate.
- ☐ Add 2 tablespoons butter and cream to skillet. Bring to a simmer; cook until cream is very thick and mushrooms are well coated in sauce, 3-4 minutes. Stir in oysters, if using, and shallots and parsley.
- ☐ Divide toasts among plates; spoon mushroom mixture over. Top with reserved mushrooms.
- ☐ Lay 2 slices lardo over each toast, if using.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:10.301304329997%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 252.66kcal (12.63%), Fat: 25.03g (38.5%), Saturated Fat: 13.35g (83.41%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.18g (1.52%), Sugar: 3.32g (3.69%), Cholesterol: 56.19mg (18.73%), Sodium: 208.93mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin B2: 0.49mg (28.94%), Copper: 0.45mg (22.68%), Vitamin B3: 4.16mg (20.81%), Vitamin B5: 1.78mg (17.85%), Selenium: 11.78µg (16.83%), Vitamin K: 15.57µg (14.83%), Vitamin A: 718.57IU (14.37%), Zinc: 1.78mg (11.86%), Potassium: 413.63mg (11.82%), Phosphorus: 117.77mg (11.78%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.15mg (7.67%), Vitamin B1: 0.1mg (6.77%), Folate: 24.41µg (6.1%), Vitamin B12: 0.34µg (5.72%), Fiber: 1.42g (5.69%), Iron: 0.88mg (4.9%), Vitamin C: 4.01mg (4.87%), Vitamin D: 0.72µg (4.79%), Manganese: 0.09mg (4.42%), Magnesium: 14.1mg (3.52%), Calcium: 22.43mg (2.24%)