



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

  
 **PROTEIN 6.67%**  **FAT 84.88%**  **CARBS 8.45%**

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 (0%), Alcohol %: 0% (0%), 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%)