



Spicy Stir-Fried Mushroom Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce country bread toasted
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 tablespoons fenugreek leaves dried (kasoori methi)
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.1 teaspoon garam masala
- ☐ 2 garlic cloves minced

- ☐ 1.5 teaspoons ground coriander
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 jalapeno minced seeded
- ☐ 2 cups mushrooms quartered
- ☐ 1 chile dried whole red
- ☐ 1 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes cubed ()
- ☐ 7 tablespoons no-salt-added tomato sauce

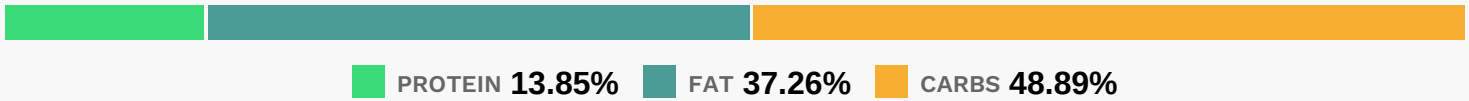
Equipment

- ☐ frying pan

Directions

- ☐ Heat first 3 ingredients in a large skillet over medium-high heat; saut 1 minute or until cumin begins to darken.
- ☐ Add ginger to pan; saut 30 seconds.
- ☐ Add red onion and fenugreek; saut 2 minutes or until onion is tender.
- ☐ Add salt and jalapeo; saute 2 minutes or until onion softens and begins to brown.
- ☐ Add coriander, red pepper, and minced garlic; saut 30 seconds.
- ☐ Add mushrooms; cook 7 minutes or until liquid evaporates. Stir in tomato, tomato sauce, 2 tablespoons cilantro, and Garam Masala; bring to a simmer. Cook 15 minutes or until sauce thickens.
- ☐ Sprinkle with the remaining 1 tablespoon cilantro.
- ☐ Serve with slices of country bread.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:4.3917391546395%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 49.26kcal (2.46%), Fat: 2.22g (3.41%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.13g (1.87%), Sugar: 2.58g (2.86%), Cholesterol: 0mg (0%), Sodium: 155.45mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Vitamin C: 7.94mg (9.63%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.14mg (7.13%), Vitamin B3: 1.38mg (6.89%), Copper: 0.12mg (6.24%), Potassium: 211.2mg (6.03%), Fiber: 1.42g (5.67%), Selenium: 3.66µg (5.23%), Vitamin A: 259.8IU (5.2%), Vitamin B6: 0.1mg (4.98%), Vitamin B5: 0.48mg (4.82%), Vitamin E: 0.7mg (4.63%), Phosphorus: 43.62mg (4.36%), Vitamin K: 4.19µg (3.99%), Folate: 15.55µg (3.89%), Vitamin B1: 0.06mg (3.83%), Iron: 0.66mg (3.65%), Magnesium: 12.04mg (3.01%), Zinc: 0.29mg (1.96%), Calcium: 19.13mg (1.91%)