



Stuffed mushroom bruschettas

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bread crumbs white thick country-style
- ☐ 40 g butter
- ☐ 4 large mushrooms
- ☐ 200 g roasted peppers whole red in brine in oil
- ☐ 150 g goat cheese firm

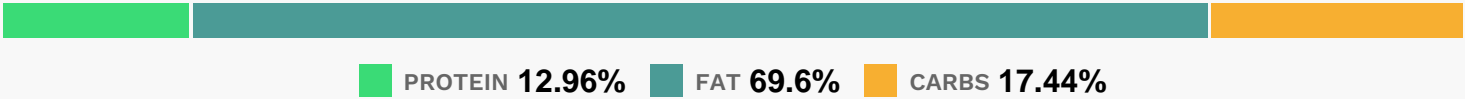
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 190C/Gas 5/170C fan.
- ☐ Spread both sides of each slice of bread with garlic butter (no need to remove the crusts).
- ☐ Put the bread slices in one layer on a baking sheet. Put a mushroom on top of each and drizzle with a little olive oil.
- ☐ Sprinkle with salt and pepper.
- ☐ Drain the peppers, slice if necessary, and divide between the mushrooms.
- ☐ Cut the goats cheese into four slices and put one slice on top of each stack.
- ☐ Bake for 25–30 minutes, until the mushrooms are cooked and the cheese golden.
- ☐ Serve with a mixed salad.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:16.693478117818%

Nutrients (% of daily need)

Calories: 592.72kcal (29.64%), Fat: 46.61g (71.7%), Saturated Fat: 28.96g (181%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.23g (8.45%), Sugar: 13.95g (15.5%), Cholesterol: 77.5mg (25.83%), Sodium: 1924.3mg (83.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Vitamin C: 47.47mg (57.53%), Copper: 0.83mg (41.26%), Vitamin A: 1794.55IU (35.89%), Vitamin B2: 0.54mg (31.92%), Phosphorus: 271.16mg (27.12%), Vitamin B3: 4.34mg (21.71%), Vitamin B6: 0.41mg (20.7%), Iron: 3.3mg (18.33%), Calcium: 152.18mg (15.22%), Folate: 58.62µg (14.66%), Manganese: 0.26mg (12.83%), Vitamin B5: 1.26mg (12.59%), Fiber: 3.06g (12.24%), Potassium: 403.38mg (11.53%), Vitamin B1: 0.17mg (11.45%), Selenium: 6.88µg (9.83%), Magnesium: 34.34mg (8.59%), Zinc: 1.21mg (8.05%), Vitamin E: 0.6mg (4.02%), Vitamin B12: 0.19µg (3.25%), Vitamin K: 2.75µg (2.62%), Vitamin D: 0.39µg (2.61%)