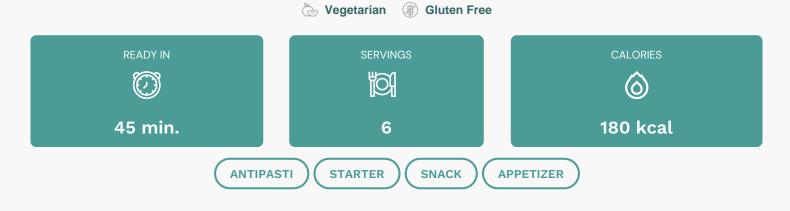


Wild Mushroom and Roasted Garlic Sandwich



Ingredients

6 servings pepper black freshly ground
0.3 cup wine dry white
0.3 cup olive oil extra virgin
2 tablespoons parsley fresh chopped
1 teaspoon thyme sprigs fresh chopped
2 garlic clove finely chopped
6 servings kosher salt
1 pound oyster mushrooms wild mixed such as shiitakes (stems removed), creminis, portobellos,
oyster mushrooms, and chanterelles, cleaned and cut into 1-inch pieces.

	4 heads roasted garlic whole softened	
	1 shallots finely chopped	
	2 tablespoons butter unsalted	
Equipment		
	frying pan	
	grill	
	broiler	
Directions		
	For The Mushrooms	
	In a large sauté pan, heat 3 to 4 tablespoons of the olive oil and 2 tablespoons of the butter over medium-high heat until the butter is very hot.	
	Add the meatiest of your mushrooms, such as the creminis and portobellos, and cook them on both sides until they brown lightly and begin to lose their juices, about 5 minutes.	
	Add the rest of the mushrooms and season with salt and pepper to taste. Continue to cook over medium heat, stirring the mushrooms every few minutes, for about another 5 minutes.	
	Add the chopped fresh garlic, the shallot, and the thyme, and cook until fragrant, about 2 minutes.	
	Add the white wine and continue cooking the mushrooms until they are tender and most of the wine and mushroom juices have evaporated, about another 10 minutes. Season with more salt and pepper.	
	Add the parsley and keep the mushrooms warm until ready to serve.	
	To Assemble the Sandwiches	
	Toast the bread on both sides either under the broiler or on a grill until golden brown.	
	Spread each piece generously with some roasted garlic. Top 6 of the slices of bread with the mushrooms. Cover with the remaining slices of bread, garlic side down.	
	Taste	
	Book, using the USDA Nutrition Database	

Nutrition Facts

Properties

Glycemic Index:35.67, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:10.516956521117%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.04mg, Hesperetin: 0.04mg, Apigenin: 2.89mg, Apigenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.052mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 13.22g (20.33%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.91g (3.6%), Sugar: 1.47g (1.64%), Cholesterol: 10.03mg (3.34%), Sodium: 213.23mg (9.27%), Alcohol: 1.03g (100%), Alcohol %: 1.04% (100%), Protein: 3.97g (7.94%), Vitamin K: 28.18µg (26.84%), Manganese: 0.46mg (22.97%), Vitamin B3: 3.93mg (19.65%), Vitamin B6: 0.35mg (17.46%), Vitamin B2: 0.29mg (17.2%), Phosphorus: 127.51mg (12.75%), Copper: 0.25mg (12.67%), Potassium: 429.39mg (12.27%), Vitamin B5: 1.13mg (11.25%), Vitamin C: 8.78mg (10.64%), Fiber: 2.4g (9.6%), Vitamin E: 1.43mg (9.55%), Vitamin B1: 0.14mg (9.23%), Iron: 1.62mg (9%), Folate: 33.17µg (8.29%), Selenium: 4.87µg (6.96%), Zinc: 0.87mg (5.77%), Vitamin A: 283.55IU (5.67%), Magnesium: 21.87mg (5.47%), Calcium: 45.27mg (4.53%), Vitamin D: 0.6µg (3.99%)