



WHATSheATE

Wild Mushroom and Roasted Garlic Sandwich



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 6 servings kosher salt
- ☐ 1 pound domestic 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



 **PROTEIN 8.63%**  **FAT 64.62%**  **CARBS 26.75%**

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 Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg 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%)