



Wild Mushroom Bruschetta

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1 baguette
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon kosher salt
- ☐ 12 ounces gourmet mushroom mix roughly chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh packed

☐ 1 ounce aged pecorino cheese

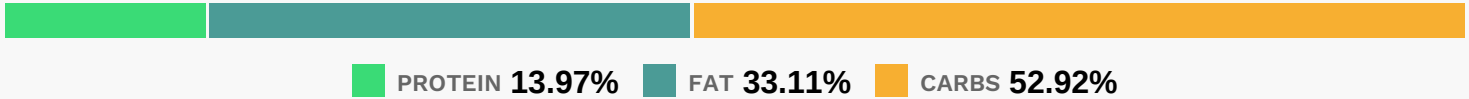
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Cut baguette into 24 (1/4-inch-thick) slices; arrange in a single layer on baking sheets, and bake until golden (4-5 minutes).
- ☐ Heat 1 tablespoon extra-virgin olive oil until very hot but not smoking.
- ☐ Add mushroom mix; cook until water releases and mushrooms brown 4-5 minutes.
- ☐ Transfer to a bowl; cool. Toss mushrooms with 1 tablespoon olive oil, balsamic vinegar, oregano leaves, kosher salt, and black pepper. Thinly shave pecorino cheese. Divide arugula among baguette slices; top each with 1 tablespoon mushrooms and some pecorino.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:7.67, Inflammation Score:-7, Nutrition Score:5.5282608477966%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 100.03kcal (5%), Fat: 3.74g (5.75%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.87g (4.32%), Sugar: 2.37g (2.63%), Cholesterol: 2.46mg (0.82%), Sodium: 210.18mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Manganese: 0.23mg (11.27%), Vitamin B3: 2.1mg (10.48%), Vitamin K: 10.96µg (10.44%), Vitamin B1: 0.13mg (8.62%), Vitamin B2: 0.14mg (8.5%), Selenium: 5.59µg (7.99%), Folate: 31.36µg (7.84%), Phosphorus: 73.29mg (7.33%), Iron: 1.25mg (6.97%), Calcium: 67.54mg (6.75%),

Fiber: 1.56g (6.26%), Vitamin B6: 0.12mg (5.9%), Vitamin B5: 0.54mg (5.37%), Magnesium: 16.42mg (4.11%), Potassium: 141.91mg (4.05%), Vitamin E: 0.57mg (3.79%), Copper: 0.08mg (3.78%), Zinc: 0.56mg (3.73%), Vitamin A: 103.31IU (2.07%)