



Wild Mushroom Bruschetta

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 ounce country bread
- ☐ 4 ounces chanterelles coarsely chopped
- ☐ 0.5 pound cremini mushrooms coarsely chopped
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 3 garlic cloves divided
- ☐ 4 ounces oyster mushroom caps coarsely chopped
- ☐ 2 ounces parmigiano-reggiano cheese shaved

☐ 0.5 teaspoon salt

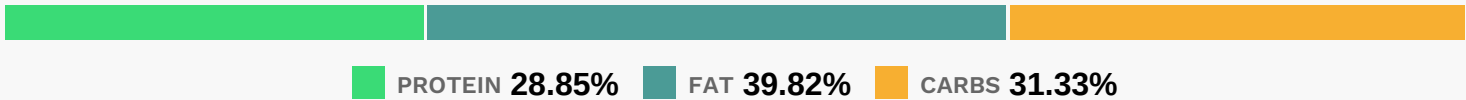
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Mince 2 garlic cloves.
- ☐ Cut remaining clove in half; set aside.
- ☐ Place the mushrooms in a food processor; pulse 10 times or until finely chopped.
- ☐ Place minced garlic, parsley, and oil in a large nonstick skillet; cook 30 seconds over medium-high heat.
- ☐ Add mushrooms; cook 6 minutes or until liquid evaporates and mushrooms are tender, stirring constantly.
- ☐ Remove from heat; stir in salt and pepper. Cool slightly.
- ☐ Lightly coat both sides of bread with cooking spray.
- ☐ Heat a grill pan over medium-high heat; add half of bread. Cook 1 minute on each side or until toasted. Rub 1 side of each bread slice with cut sides of garlic clove halves. Repeat procedure with remaining bread and garlic. Spoon about 2 tablespoons mushroom mixture over each bread slice, and top with about 2 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:9.1613043365271%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 73.96kcal (3.7%), Fat: 3.45g (5.31%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.32g (1.46%), Cholesterol: 6.43mg (2.14%), Sodium: 364.75mg (15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin K: 22.64µg (21.56%), Selenium: 13.76µg (19.65%), Vitamin B2: 0.33mg (19.54%), Vitamin B3: 3.33mg (16.66%), Copper: 0.32mg (15.78%), Phosphorus: 150.58mg (15.06%), Calcium: 129.91mg (12.99%), Vitamin B5: 1.09mg (10.92%), Potassium: 370.38mg (10.58%), Manganese: 0.19mg (9.61%), Vitamin D: 1.22µg (8.13%), Iron: 1.34mg (7.44%), Zinc: 1.01mg (6.75%), Fiber: 1.56g (6.24%), Folate: 21.76µg (5.44%), Vitamin B1: 0.08mg (5.33%), Vitamin B6: 0.1mg (5.09%), Vitamin A: 195.61IU (3.91%), Magnesium: 15.51mg (3.88%), Vitamin C: 2.25mg (2.72%), Vitamin B12: 0.15µg (2.52%)