



HEALTH SCORE

72%

## Wild Mushroom-Chèvre Crostini



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



1355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 24 crusty baguette thick (cut diagonally)
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 4 ounces goat cheese fresh (goat)
- ☐ 1 teaspoon thyme dried
- ☐ 0.3 cup wine dry white
- ☐ 12 ounces mushrooms fresh (chanterelle, crimini, morel, oyster, porcini, shiitake, or common; choose three kinds)
- ☐ 1 tablespoon garlic minced

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 12 servings salt and pepper
- ☐ 0.3 cup shallots minced
- ☐ 0.3 cup fat-skimmed beef broth

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Arrange baguette slices in a single layer on a 12- by 15-inch baking sheet.
- ☐ Brush tops lightly with oil.
- ☐ Bake on the middle rack in a 350 regular or convection oven until golden, 15 to 20 minutes.
- ☐ Meanwhile, trim and discard discolored stem ends, bits of debris, and bruised spots from mushrooms (for shiitakes, remove entire stem). Rinse mushrooms well and drain.
- ☐ Cut mushrooms larger than 1/2 inch into 1/4-inch-thick slices; leave smaller ones whole.
- ☐ In a 10- to 12-inch frying pan over medium-high heat, melt butter; add garlic and stir often until fragrant, about 1 minute.
- ☐ Add mushrooms, shallots, and thyme; stir often until liquid is evaporated and mushrooms are well browned, about 10 minutes.
- ☐ Add wine, broth, and vinegar and stir to release browned bits; boil until liquid is evaporated, 4 to 6 minutes.
- ☐ Add salt and pepper to taste. Keep warm over low heat, stirring occasionally.
- ☐ Spread chvre equally on toasted baguette slices. Spoon warm mushroom mixture equally over cheese.
- ☐ Sprinkle evenly with parsley.
- ☐ Serve warm.

## Nutrition Facts



 **PROTEIN 15.09%**  **FAT 12.06%**  **CARBS 72.85%**

## Properties

Glycemic Index:21.73, Glycemic Load:165.63, Inflammation Score:-9, Nutrition Score:46.37000033389%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1355.24kcal (67.76%), Fat: 17.87g (27.49%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 242.92g (80.97%), Net Carbohydrates: 231.92g (84.34%), Sugar: 24.75g (27.5%), Cholesterol: 4.35mg (1.45%), Sodium: 3351.84mg (145.73%), Alcohol: 0.51g (100%), Alcohol %: 0.12% (100%), Protein: 50.31g (100.61%), Vitamin B1: 2.95mg (196.35%), Folate: 543.49µg (135.87%), Selenium: 89.17µg (127.38%), Manganese: 2.38mg (119.2%), Vitamin B3: 23.82mg (119.1%), Vitamin B2: 1.76mg (103.5%), Iron: 17.8mg (98.91%), Calcium: 545.63mg (54.56%), Phosphorus: 529.85mg (52.99%), Fiber: 11g (43.99%), Copper: 0.77mg (38.67%), Magnesium: 136.36mg (34.09%), Vitamin B6: 0.6mg (30.12%), Zinc: 4.23mg (28.19%), Vitamin B5: 2.41mg (24.07%), Vitamin K: 22.84µg (21.75%), Potassium: 741.27mg (21.18%), Vitamin E: 1.69mg (11.23%), Vitamin A: 170.85IU (3.42%), Vitamin C: 1.68mg (2.04%)