



Wild Mushroom Crostini

READY IN



45 min.

SERVINGS



36

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 36.3 inch crusty baguette
- 4 ounces chanterelles chopped
- 1 cup fontina grated
- 1 teaspoon rosemary leaves fresh minced
- 1 garlic clove minced
- 0.5 teaspoon lemon zest grated
- 2 tablespoons olive oil
- 2.3 cups oyster mushrooms chopped
- 1.8 ounces parmesan cheese freshly grated

- 0.3 cup shallots chopped
- 6 ounces mushroom caps stemmed chopped
- 0.3 cup whipping cream

Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 375°F. Arrange baguette slices on rimmed baking sheet. Toast in oven until golden, about 9 minutes. Cool. (Can be prepared 2 days ahead. Store in airtight container at room temperature.)
- Heat oil in large skillet over medium-high heat.
- Add shallots; sauté 1 minute.
- Add all mushrooms; sauté until beginning to brown, about 6 minutes. Stir in garlic; sauté 1 minute.
- Remove from heat. Stir in cream, rosemary, and lemon peel. Season with salt and pepper. Cool.
- Mix in both cheeses. (Can be made 2 days ahead. Cover and refrigerate.)
- Preheat broiler. Top each toast with about 1 tablespoon mushroom topping.
- Place on 2 rimmed baking sheets. Working in batches, broil until cheese is melted and begins to brown, watching closely to prevent burning, about 3 minutes.
- Transfer to serving platter.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:1.9695652205011%

Nutrients (% of daily need)

Calories: 45.49kcal (2.27%), Fat: 3.04g (4.67%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.61g (0.68%), Cholesterol: 7.32mg (2.44%), Sodium: 71.71mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Phosphorus: 39.8mg (3.98%), Calcium: 37.88mg (3.79%), Vitamin B3: 0.71mg (3.54%), Vitamin B2: 0.06mg (3.52%), Selenium: 2.02µg (2.89%), Manganese: 0.05mg (2.37%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.22mg (2.15%), Potassium: 70.23mg (2.01%), Fiber: 0.49g (1.96%), Copper: 0.04mg (1.9%), Iron: 0.34mg (1.87%), Vitamin D: 0.28µg (1.86%), Vitamin B6: 0.04mg (1.86%), Vitamin B1: 0.03mg (1.72%), Folate: 6.59µg (1.65%), Vitamin A: 72.46IU (1.45%), Vitamin B12: 0.08µg (1.38%), Magnesium: 4.59mg (1.15%), Vitamin E: 0.15mg (1.02%)