



Wild Mushroom Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 3 tablespoons thyme leaves fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 12 ounces mushrooms wild black assorted stemmed sliced (such as shiitake, oyster, trumpet, and crimini)
- ☐ 0.5 cup olive oil plus more for brushing
- ☐ 0.3 cup red wine vinegar
- ☐ 1 small shallots chopped

- ☐ 8.3 inch thick pain rustique
- ☐ 8 servings truffle oil

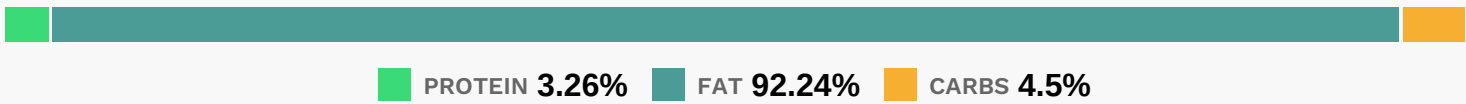
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add mushrooms and thyme. Sauté until browned, about 8 minutes. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill. Rewarm before using.
- ☐ Blend first 4 ingredients in blender 10 seconds. With machine running, gradually add 1/2 cup olive oil; blend until almost smooth. Season to taste with salt and pepper.
- ☐ Preheat oven to 400°F. Arrange bread on rimmed baking sheet.
- ☐ Brush with oil.
- ☐ Bake until beginning to crisp, about 8 minutes.
- ☐ Mound 1/4 cup mushrooms on each bread slice.
- ☐ Drizzle each with thyme vinaigrette, then sparingly with truffle oil.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:5.5147826231044%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg

Nutrients (% of daily need)

Calories: 236.16kcal (11.81%), Fat: 24.82g (38.19%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.11g (1.23%), Cholesterol: 14.5mg (4.83%), Sodium: 77.2mg (3.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin E: 2.66mg (17.72%), Vitamin K: 16.15µg (15.38%), Vitamin B2: 0.19mg (11.19%), Vitamin B3: 1.7mg (8.52%), Copper: 0.16mg (7.86%), Vitamin C: 5.98mg (7.25%), Vitamin B5: 0.68mg (6.84%), Selenium: 4.66µg (6.65%), Vitamin A: 277.11IU (5.54%), Iron: 0.92mg (5.11%), Potassium: 174.21mg (4.98%), Phosphorus: 48.03mg (4.8%), Manganese: 0.08mg (4.23%), Fiber: 0.95g (3.78%), Vitamin B6: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.04%), Magnesium: 10.04mg (2.51%), Folate: 9.97µg (2.49%), Zinc: 0.33mg (2.21%), Calcium: 16.87mg (1.69%)