



Baked Feta with Romesco and Olive Tapenade

READY IN



72 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 ounces feta cheese divided crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh
- ☐ 5 garlic cloves minced
- ☐ 2 tablespoons hazelnuts toasted chopped
- ☐ 0.5 cup kalamata olives pitted
- ☐ 0.5 cup lower-sodium chicken broth fat-free

- ☐ 1 tablespoon olive oil
- ☐ 2 cups plum tomatoes peeled chopped
- ☐ 1 bell pepper red
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 ounce bread white chopped
- ☐ 0.5 cup picholine fruity pitted
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Equipment

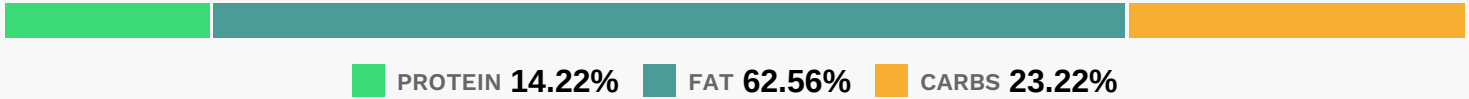
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ To prepare romesco sauce, cut red bell pepper in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 8 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand for 10 minutes. Peel and chop.
- ☐ Reduce oven temperature to 42
- ☐ Heat a large skillet over medium heat. Coat pan with cooking spray.

- ☐ Add tomato and garlic; cook 4 minutes or until garlic lightly browns, stirring frequently.
- ☐ Add red bell pepper and broth; cover and cook 10 minutes, stirring occasionally. Stir in nuts and bread; cook 1 minute.
- ☐ Transfer mixture to a food processor or blender; add 1/4 teaspoon black pepper. Process until smooth; transfer to a bowl.
- ☐ To prepare the tapenade, place olives, 1/4 cup parsley, and the next 3 ingredients (through 1/4 teaspoon black pepper) in a food processor. Process until finely chopped.
- ☐ Transfer to a bowl.
- ☐ Coat a 1 1/2-quart broiler-safe glass or ceramic baking dish with cooking spray. Spoon half of romesco sauce into prepared dish, and top with 3/4 cup cheese. Dollop tapenade over cheese. Spoon the remaining romesco sauce over tapenade, and top with remaining 1/2 cup crumbled feta cheese.
- ☐ Bake at 425 for 20 minutes or until thoroughly heated.
- ☐ Remove dish from oven.
- ☐ Preheat broiler.
- ☐ Broil 3 minutes or until top browns.
- ☐ Sprinkle with 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:28.73, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:7.404782494773%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 80.16kcal (4.01%), Fat: 5.8g (8.92%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.71g (1.9%), Cholesterol: 10.51mg (3.5%), Sodium: 255.91mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin K: 36.43µg (34.69%), Vitamin C: 21.15mg (25.64%), Vitamin A: 873.29IU (17.47%), Manganese: 0.21mg (10.6%), Calcium: 78.12mg (7.81%), Vitamin B2: 0.13mg (7.47%), Vitamin B6: 0.14mg (7.06%), Vitamin E: 1.04mg (6.96%), Phosphorus: 62.93mg (6.29%), Folate: 21.9µg (5.47%), Potassium: 175.88mg (5.03%), Fiber: 1.19g (4.77%), Vitamin B1: 0.07mg (4.42%), Copper: 0.08mg (3.75%), Selenium: 2.6µg (3.72%), Zinc: 0.53mg (3.55%), Vitamin B12: 0.2µg (3.33%), Magnesium: 13.26mg (3.31%), Iron: 0.58mg (3.21%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.23mg (2.26%)