



## Bayou Crostini

READY IN



25 min.

SERVINGS



24

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 grain baguette whole
- 0.8 pound brie cheese
- 0.3 cup butter melted
- 2 tablespoons olive oil
- 1 bell pepper red cut into thin strips
- 24 servings salt and pepper to taste
- 24 oysters - shucked rinsed drained

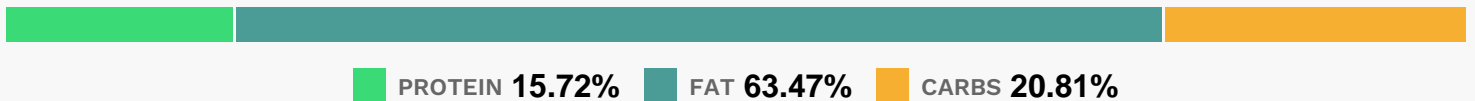
### Equipment

- baking sheet
- oven
- broiler

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Slice the baguette into 24 rounds.
- Brush bread rounds lightly with olive oil.
- Place bread rounds on a baking sheet.
- Toast the bread rounds in the preheated oven just until crisp, 5 to 8 minutes. Meanwhile, slice Brie cheese into 24 equal pieces.
- Remove toasted bread from oven; top each round with a slice of Brie cheese. Return the crostini to the oven to melt the cheese, about 5 minutes.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. In an ovenproof casserole, stir together the oysters, butter, any remaining olive oil, salt, and pepper.
- Broil in the preheated oven until the oysters begin to curl at the edges, about 5 minutes.
- Remove the oysters; place one oyster on top of each crostini. Top the crostini with red pepper strips; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:7.53, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:3.5939130562803%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 103.59kcal (5.18%), Fat: 7.33g (11.28%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.77g (0.86%), Cholesterol: 19.82mg (6.61%), Sodium: 363.94mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin C: 6.35mg (7.69%), Vitamin B2: 0.11mg (6.67%), Zinc: 0.98mg (6.57%), Vitamin B12: 0.36µg (6.01%), Vitamin A: 298.87IU (5.98%), Selenium: 4.15µg (5.93%), Folate: 22.81µg (5.7%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 39.76mg (3.98%), Calcium: 38.89mg (3.89%),

Manganese: 0.06mg (3.17%), Vitamin B3: 0.59mg (2.95%), Vitamin B6: 0.06mg (2.95%), Iron: 0.52mg (2.92%),  
Copper: 0.06mg (2.82%), Vitamin E: 0.38mg (2.52%), Vitamin K: 1.76µg (1.68%), Magnesium: 6.44mg (1.61%),  
Vitamin B5: 0.16mg (1.59%), Potassium: 47.73mg (1.36%), Fiber: 0.32g (1.29%)