



Bell Pepper and Onion Crostini with Pesto

READY IN



120 min.

SERVINGS



60

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon salt
- 18 inch crusty baguette cut into 60 (1/4-inch-thick) slices
- 0.3 cup olive oil
- 0.1 teaspoon pepper black
- 1 tablespoon red-wine vinegar
- 2 teaspoons garlic chopped
- 1 cup basil fresh coarsely chopped
- 0.3 cup pinenuts toasted

- 1 ounce parmesan finely grated
- 2 tablespoons water
- 3 pounds and orange peppers red yellow assorted cut into 1/4-inch-wide strips
- 1.5 pounds onion cut lengthwise into 1/4-inch-thick slices

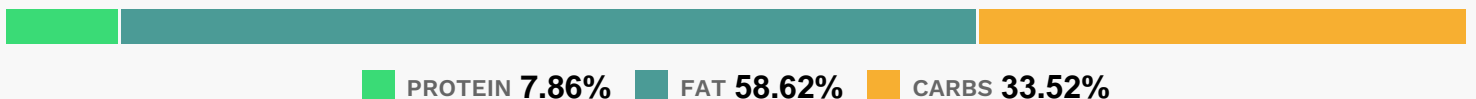
Equipment

- food processor
- baking sheet
- oven
- pot

Directions

- Preheat oven to 350°F. Put baguette slices on 2 large baking sheets, then brush tops with oil and season with salt and pepper.
- Bake in batches in middle of oven until pale golden, about 10 minutes. Cool on a rack.
- Cook bell peppers, onions, and garlic with salt in oil in a wide 4- to 6-quart heavy pot over moderately low heat, uncovered, stirring occasionally, until softened, 20 to 25 minutes. Cover pot and continue to cook, stirring occasionally, until vegetables are very tender and just starting to brown, 20 to 25 minutes more. Stir in vinegar and remove from heat.
- Pulse all pesto ingredients except oil in a food processor until finely chopped. With motor running, add oil in a slow stream and blend until combined well.
- Put about 1 tablespoon pepper mixture on each toast and top with about 1/4 teaspoon pesto.
- Pepper mixture and pesto can be made 1 day ahead and chilled separately, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:3.9391304418121%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 33.08kcal (1.65%), Fat: 2.28g (3.5%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.21g (0.81%), Sugar: 1.5g (1.66%), Cholesterol: 0.32mg (0.11%), Sodium: 23.45mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin C: 29.98mg (36.34%), Vitamin A: 735.31IU (14.71%), Manganese: 0.1mg (5.01%), Vitamin E: 0.66mg (4.4%), Vitamin B6: 0.08mg (4.16%), Vitamin K: 4.16µg (3.96%), Folate: 13.9µg (3.48%), Fiber: 0.72g (2.86%), Potassium: 70.9mg (2.03%), Phosphorus: 16.83mg (1.68%), Vitamin B2: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.63%), Vitamin B3: 0.3mg (1.5%), Magnesium: 5.98mg (1.49%), Calcium: 11.64mg (1.16%), Iron: 0.21mg (1.16%)