



Black Cat Canapés



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large clove garlic finely chopped
- ☐ 1 cup kalamata olives dry with paper towel, finely chopped pitted drained
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 30 slices pumpernickel bread white (1/)

Equipment

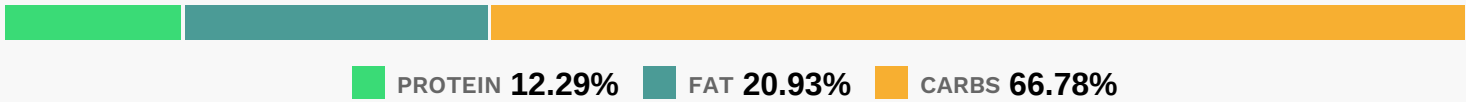
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Heat oven to 400°F. Line 2 cookie sheets with cooking parchment paper or foil.
- ☐ Cut 30 cat shapes out of bread using 2 1/2- to 3-inch cat-shaped cookie cutter. (Discard or save excess bread for another use.)
- ☐ Place bread cats on cookie sheets. Spray with cooking spray; turn over. Spray other side with cooking spray.
- ☐ Bake 3 to 4 minutes, turning once, until light golden brown. Cool 5 minutes
- ☐ Meanwhile, in medium bowl, mix garlic, olives, olive oil, lemon juice and pepper.
- ☐ Serve toasted bread with olive dip.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:4.4113043815545%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 90.86kcal (4.54%), Fat: 2.15g (3.31%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.19g (4.8%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 260.95mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Manganese: 0.42mg (21.02%), Selenium: 7.9µg (11.28%), Fiber: 2.23g (8.93%), Folate: 29.93µg (7.48%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.1mg (5.77%), Phosphorus: 57.32mg (5.73%), Iron: 0.95mg (5.25%), Vitamin B3: 1mg (5%), Copper: 0.1mg (4.88%), Magnesium: 17.82mg (4.46%), Zinc: 0.48mg (3.18%), Vitamin E: 0.37mg (2.49%), Calcium: 24.33mg (2.43%), Vitamin B6: 0.04mg (2.15%),

Potassium: 69.14mg (1.98%), Vitamin B5: 0.13mg (1.31%)