



Black Olive and Goat Cheese Croustade

READY IN



30 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives diced black pitted ripe lindsay®
- ☐ 3 ounces goat cheese crumbled
- ☐ 0.3 cup leeks diced
- ☐ 1 teaspoon oregano chopped
- ☐ 10 ounce pizza dough prepared
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 teaspoon butter unsalted

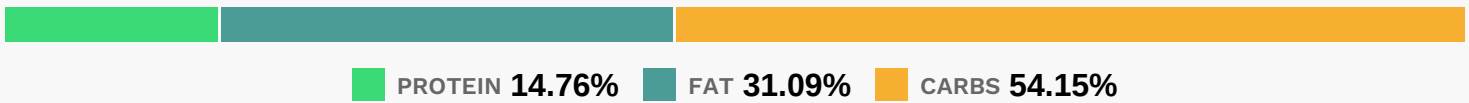
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat butter in a small saute pan over medium heat.
- ☐ Add leeks and cook for 3–4 minutes until soft.
- ☐ Remove from heat and stir in olives. Set aside.
- ☐ Cut pizza dough into 20 (1/2 ounce) pieces. Shape into 2-inch circles and place on a lightly greased parchment lined baking sheet.
- ☐ Bake in a 400 degree oven for 7–8 minutes.
- ☐ Remove from oven and spread each disk with olive mixture. Top with goat cheese and bake for an additional 5–7 minutes at 400 degrees.
- ☐ Sprinkle with fresh herbs just before serving.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:0.75652173096719%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 51.38kcal (2.57%), Fat: 1.81g (2.78%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.73g (2.45%), Sugar: 0.97g (1.08%), Cholesterol: 2.49mg (0.83%), Sodium: 144.74mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Iron: 0.55mg (3.05%), Copper: 0.04mg (1.79%), Vitamin A: 81.8IU (1.64%), Fiber: 0.34g (1.38%), Vitamin K: 1.26µg (1.2%), Phosphorus: 11.66mg (1.17%), Vitamin B2: 0.02mg (1.04%)