



Bruschetta with Minted Pea Puree

READY IN



45 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz peas frozen
- 3 ounces cream cheese at room temperature
- 10 oz crusty baguette french cut into 30 (1/2-inch) slices
- 0.3 cup mint leaves fresh finely chopped
- 2 garlic clove
- 2 tablespoons olive oil
- 1 tablespoon parmesan grated
- 30 servings salt and pepper

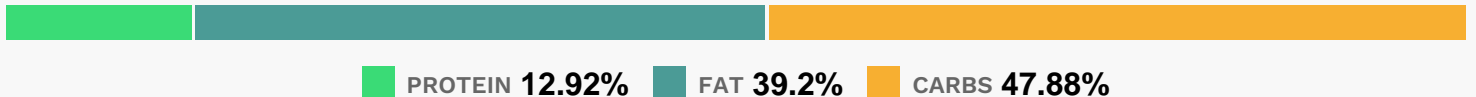
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven

Directions

- Make toasts: Preheat oven to 375F.
- Lay baguette slices out in a single layer on a baking sheet and bake for 10 minutes, or until dry and crispy.
- Cut 1 garlic clove in half.
- Brush one side of each toasted baguette slice lightly with olive oil and rub with cut side of garlic clove. Return toasts to oven for 4 minutes. Cool completely.
- Make pea puree: Mince remaining garlic clove.
- Place peas, minced garlic and 1/3 cup water in pan, bring to boil and cook for 5 minutes. Puree mixture in food processor until smooth.
- Let cool for 5 minutes.
- Add mint and process again until mint is blended in.
- Let cool completely in food processor bowl.
- When pea mixture is cool, pulse in cream cheese and Parmesan until combined; season with salt and pepper. When ready to serve, spoon a small amount of puree onto each toast.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:3.55, Inflammation Score:-2, Nutrition Score:2.3213043430739%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 51.52kcal (2.58%), Fat: 2.25g (3.46%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.42g (1.97%), Sugar: 1.09g (1.21%), Cholesterol: 2.98mg (0.99%), Sodium: 264.4mg (11.5%), Alcohol: 0g (100%), Protein: 1.67g (3.34%), Vitamin B1: 0.08mg (5.44%), Vitamin C: 3.96mg (4.8%), Manganese: 0.09mg (4.56%), Folate: 16.95µg (4.24%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.25µg (3.1%), Fiber: 0.77g (3.09%), Vitamin B2: 0.05mg (3.01%), Selenium: 2.11µg (3.01%), Iron: 0.5mg (2.77%), Vitamin A: 127.61IU (2.55%), Phosphorus: 23.95mg (2.4%), Calcium: 18.41mg (1.84%), Magnesium: 6.26mg (1.56%), Vitamin B6: 0.03mg (1.53%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.45%), Vitamin E: 0.2mg (1.33%), Potassium: 41.66mg (1.19%)