



Butter Bean Crostini with Mint and Salami

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices baguette as needed
- ☐ 1 tablespoon squeezed lemon juice fresh
- ☐ 1 tablespoon lemon zest
- ☐ 1 leaves mint as garnish whole halved to taste
- ☐ 0.3 cup very olive oil good extra-virgin plus more for baguette slices
- ☐ 0.5 small onion red minced
- ☐ 8 servings genoa salami italian as needed
- ☐ 8 servings salt and pepper black freshly ground

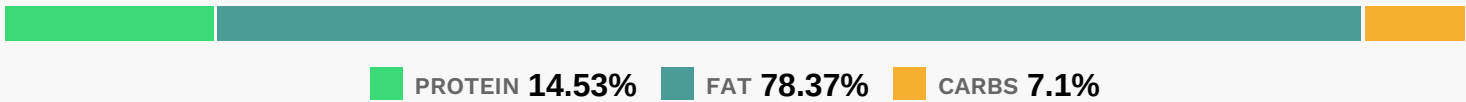
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a serving bowl toss together butter beans, onion, oil, mint, jalapeno, lemon zest and lemon juice. Season with sat and pepper.
- ☐ Let stand 20 minutes or up to overnight to allow the flavors to mingle. You may leave the beans whole or mash them to whatever consistency you prefer at this point.To serve: brush the baguette slices with a little olive oil and grill or toast them on one side until lightly golden.
- ☐ Place a salami slice on the baguette toasts and top with the butter bean mixture, a drizzle of olive oil and a few mint leaves to taste.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:1.6, Inflammation Score:-1, Nutrition Score:5.1130434649632%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 187.76kcal (9.39%), Fat: 16.32g (25.1%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 3.33g (1.1%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.56g (0.62%), Cholesterol: 22.12mg (7.37%), Sodium: 658.02mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Vitamin B1: 0.29mg (19.19%), Vitamin B12: 0.78µg (13.07%), Selenium: 7.85µg (11.21%), Vitamin B3: 1.76mg (8.82%), Vitamin B6: 0.17mg (8.44%), Zinc: 1.22mg (8.16%), Phosphorus: 70.32mg (7.03%), Vitamin E: 0.99mg (6.6%), Vitamin B2: 0.11mg (6.36%), Vitamin K: 4.37µg (4.17%), Potassium: 125.4mg (3.58%), Vitamin B5: 0.33mg (3.27%), Iron: 0.57mg (3.18%), Manganese: 0.06mg (3%), Copper: 0.05mg (2.73%), Vitamin C: 2.2mg (2.67%), Magnesium: 8.29mg (2.07%), Folate: 6.64µg (1.66%), Fiber: 0.31g

(1.25%), Calcium: 11.06mg (1.11%)