



food
network

Cheese Crostini with Anchovy Herb Butter

READY IN



30 min.

SERVINGS



24

CALORIES



2565 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 fillet anchovy drained chopped
- 0.3 cup butter ()
- 24 rustic crusty bread white
- 1 teaspoon thyme leaves fresh chopped
- 1 teaspoon garlic minced
- 0.5 teaspoon lemon zest minced
- 1 tablespoons parsley fresh italian chopped
- 1 cup provolone cheese grated
- 0.3 teaspoon pepper flakes dried red crushed

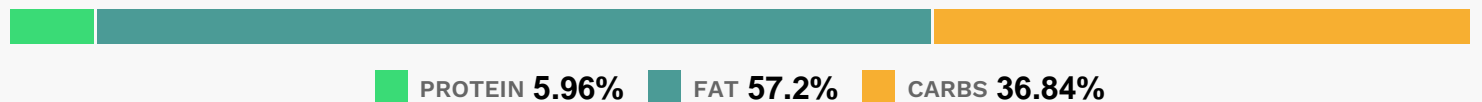
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F.
- Melt the butter in a heavy small skillet over medium heat.
- Add the anchovies and stir until they dissolve, about 3 minutes. Stir in the herbs, garlic, lemon zest, and crushed red pepper.
- Arrange the bread slices on a large baking sheet.
- Brush with the anchovy mixture.
- Sprinkle with the cheese.
- Bake until the cheese melts and the bread is golden, about 10 minutes.
- Cut the bread slices in halves and serve.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:19.426521373184%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 2565.28kcal (128.26%), Fat: 163.33g (251.27%), Saturated Fat: 89.14g (557.14%), Carbohydrates: 236.67g (78.89%), Net Carbohydrates: 220.79g (80.29%), Sugar: 140.02g (155.57%), Cholesterol: 9.28mg (3.09%), Sodium: 1736.98mg (75.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.28g (76.56%), Vitamin B3: 20.5mg (102.48%), Folate: 286.38µg (71.59%), Fiber: 15.89g (63.55%), Iron: 9.59mg (53.3%), Vitamin B1: 0.64mg (42.42%), Potassium: 996.13mg (28.46%), Vitamin B2: 0.43mg (25.22%), Magnesium: 79.16mg (19.79%), Phosphorus:

197.06mg (19.71%), Zinc: 1.1mg (7.35%), Calcium: 44.05mg (4.4%), Vitamin K: 3.04µg (2.9%), Vitamin A: 132.03IU (2.64%), Selenium: 1.09µg (1.55%), Vitamin B12: 0.09µg (1.47%)