



## Crostini D'Emily

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 crusty baguette
- 0.3 cup butter softened
- 3 cloves garlic chopped
- 1 tablespoon olive oil

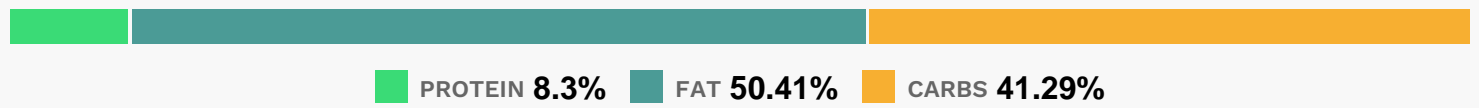
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Slice the baguette crosswise into 1/4 inch thick slices
- In a small bowl, stir together the butter, olive oil, and chopped garlic.
- Spread the butter mixture onto each slice of the bread.
- Place the slices onto a cookie sheet buttered side up.
- Bake at 375 degrees F (190 degrees C) for 8 to 10 minutes, or until lightly toasted, and hard.

## Nutrition Facts



## Properties

Glycemic Index:25.29, Glycemic Load:13.89, Inflammation Score:-3, Nutrition Score:5.037826034038%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 11.15g (17.15%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 19.64g (7.14%), Sugar: 1.97g (2.19%), Cholesterol: 20.34mg (6.78%), Sodium: 318.62mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin B1: 0.25mg (16.4%), Folate: 44.91µg (11.23%), Manganese: 0.22mg (10.92%), Selenium: 7.47µg (10.68%), Vitamin B3: 1.91mg (9.53%), Iron: 1.48mg (8.21%), Vitamin B2: 0.14mg (8.15%), Calcium: 48.76mg (4.88%), Vitamin A: 236.5IU (4.73%), Vitamin E: 0.68mg (4.52%), Phosphorus: 44.15mg (4.41%), Fiber: 0.91g (3.63%), Vitamin K: 3.34µg (3.18%), Vitamin B6: 0.06mg (3.11%), Magnesium: 11.4mg (2.85%), Copper: 0.05mg (2.75%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.18mg (1.77%), Potassium: 59.97mg (1.71%)