



Crostini Empoli



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces diagonally bread baguette french toasted cut ()
- ☐ 1 tablespoon capers
- ☐ 0.5 teaspoon mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 garlic clove halved
- ☐ 1 hard-cooked egg chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 cups tomatoes seeded chopped

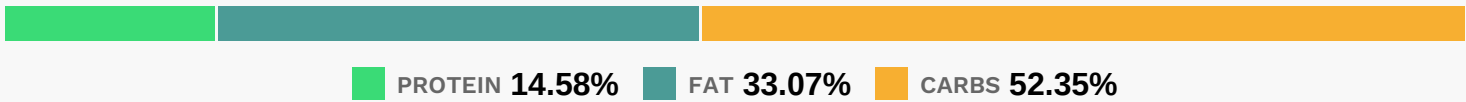
Equipment

- ☐ bowl

Directions

- ☐ Combine chopped tomato, salt, and pepper in a bowl; stir well. Cover and chill 1 hour.
- ☐ Combine parsley and next 5 ingredients (parsley through egg) in a another bowl; stir well. Cover and chill 1 hour.
- ☐ Rub cut sides of garlic over 1 side of each toasted bread slice.
- ☐ Combine tomato mixture and parsley mixture; stir well. Spoon 2 tablespoons tomato-parsley mixture onto each bread slice.
- ☐ Drizzle 1 tablespoon oil over crostini.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:3.87, Inflammation Score:-2, Nutrition Score:3.3021739475105%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 57.87kcal (2.89%), Fat: 2.15g (3.31%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.84g (2.49%), Sugar: 1.34g (1.49%), Cholesterol: 11.66mg (3.89%), Sodium: 122.31mg (5.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Manganese: 0.21mg (10.35%), Selenium: 5.08µg (7.26%), Vitamin K: 7.1µg (6.77%), Vitamin B3: 0.92mg (4.62%), Vitamin B1: 0.07mg (4.55%), Folate: 17.07µg (4.27%), Vitamin A: 198.91IU (3.98%), Iron: 0.67mg (3.74%), Vitamin C: 3.06mg (3.7%), Vitamin B2: 0.06mg (3.42%), Fiber: 0.83g (3.33%), Phosphorus: 29.03mg (2.9%), Calcium: 23.56mg (2.36%), Magnesium: 8.97mg (2.24%), Vitamin E: 0.33mg (2.19%), Potassium: 74.42mg (2.13%), Vitamin B6: 0.04mg (2.01%), Copper: 0.04mg (1.81%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.22mg (1.49%)