



Crostini with Feta-Chile Spread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 slices crusty baguette (1/2-inch-thick)
- ☐ 0.5 cup feta cheese
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 1 jalapeno
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup cream sour low-fat
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 3 large poblano pepper fresh

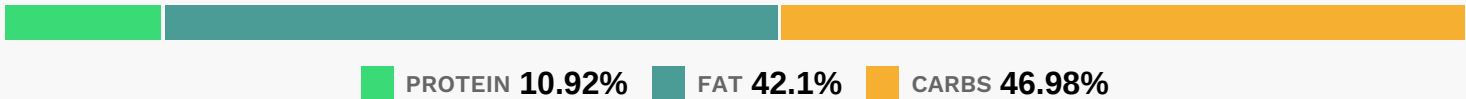
Equipment

☐ grill

Directions

- ☐ Prepare barbecue (medium heat). Char poblano and jalapeño chiles until blackened all over. Wrap chiles in paper bag and let stand 15 minutes. Peel, seed, and coarsely chop 2 poblano chiles and jalapeño chile; transfer to processor.
- ☐ Add feta cheese, sour cream, chopped fresh dill, and lemon juice to processor; puree until smooth. Season with salt and pepper. Cover and chill until firm enough to spread, about 2 hours. Peel, seed, and thinly slice remaining poblano chile. DO AHEAD Can be made 1 day ahead. Keep spread chilled. Cover and chill sliced chile.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush 1 side of baguette slices with extra-virgin olive oil. Grill oiled side of bread until toasted, about 2 minutes.
- ☐ Transfer toasts to platter. Spoon about 2 teaspoons chile spread over each toast, top with thinly sliced poblano chile, and serve.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:32.08, Inflammation Score:-7, Nutrition Score:18.989565205315%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 436.03kcal (21.8%), Fat: 20.48g (31.5%), Saturated Fat: 4.8g (30%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 47.94g (17.43%), Sugar: 6.63g (7.37%), Cholesterol: 14.48mg (4.83%), Sodium: 746.6mg (32.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.91%), Vitamin C: 69.48mg (84.22%), Vitamin B1: 0.63mg (41.99%), Folate: 117.04µg (29.26%), Manganese: 0.55mg (27.61%), Selenium: 18.7µg (26.71%), Vitamin B2: 0.45mg (26.48%), Vitamin B3: 4.91mg (24.58%), Iron: 3.77mg (20.94%), Calcium: 184.8mg (18.48%), Vitamin E: 2.74mg (18.23%), Vitamin B6: 0.35mg (17.46%), Vitamin K: 18.08µg (17.22%), Phosphorus: 157.31mg (15.73%), Fiber: 3.48g (13.93%), Magnesium: 36.98mg (9.24%), Copper: 0.18mg (8.86%), Potassium: 298.74mg (8.54%), Zinc: 1.28mg (8.52%), Vitamin A: 417.98IU (8.36%), Vitamin B5: 0.57mg (5.75%), Vitamin B12: 0.25µg (4.19%)