

 food
network

Crostini with Garden Puree and Parmigiano

READY IN



43 min.

SERVINGS



25

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound asparagus ends trimmed
- ☐ 1 baguette sliced thin
- ☐ 0.5 pound tender green beans trimmed
- ☐ 3 green onions roughly chopped
- ☐ 25 servings kosher salt and pepper black freshly ground
- ☐ 25 servings olive oil extra-virgin
- ☐ 25 servings block of parmigiano-reggiano for shaving
- ☐ 1 pound peas english shelled
- ☐ 0.7 cup ricotta cheese

☐ 0.5 pound sugar snap peas trimmed

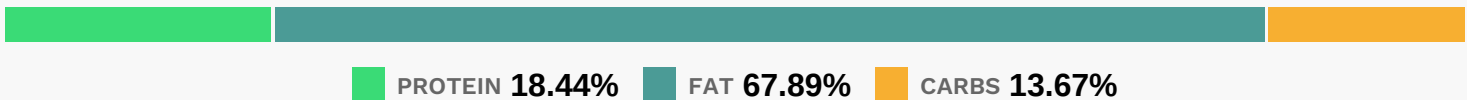
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the peas, asparagus, and green beans and cook until bright green and crisp tender, about 3 minutes. (If you're using frozen peas, you can throw them in during the last couple of minutes, to thaw.)
- ☐ Drain, transfer to a bowl of salted ice water to stop the cooking, and drain again. Puree the vegetables in a food processor with the ricotta, green onion greens, a drizzle of oil, and salt and pepper to taste.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Brush the bread slices on 1 side with olive oil and put them, oiled sides up, on a baking sheet.
- ☐ Bake until lightly browned and crisp, about 10 minutes.
- ☐ To serve, spread the puree on the warm croutons, and top with shaved Parmigiano (shave with a vegetable peeler).
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:11.11652173685%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 302.61kcal (15.13%), Fat: 23.01g (35.4%), Saturated Fat: 7.48g (46.78%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.45g (3.07%), Sugar: 2.62g (2.91%), Cholesterol: 23.77mg (7.92%), Sodium: 550.48mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Calcium: 394.98mg (39.5%), Phosphorus: 261.41mg (26.14%), Vitamin K: 26.9µg (25.62%), Vitamin C: 14.59mg (17.68%), Vitamin E: 2.33mg (15.51%), Selenium: 10.1µg (14.42%), Vitamin A: 647.22IU (12.94%), Vitamin B2: 0.2mg (11.73%), Vitamin B1: 0.15mg (10.26%), Manganese: 0.2mg (9.92%), Folate: 37.85µg (9.46%), Zinc: 1.31mg (8.72%), Iron: 1.47mg (8.16%), Fiber: 1.98g (7.91%), Magnesium: 28.69mg (7.17%), Vitamin B12: 0.38µg (6.37%), Vitamin B3: 1.14mg (5.7%), Vitamin B6: 0.11mg (5.4%), Copper: 0.09mg (4.41%), Potassium: 152.27mg (4.35%), Vitamin B5: 0.32mg (3.22%), Vitamin D: 0.16µg (1.09%)