



## Crostini with Olives and Feta Spread

 Vegetarian

READY IN



37 min.

SERVINGS



40

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 40 servings basil leaves fresh shredded
- 3 ounce cream cheese
- 1 loaf bread french baguette-style
- 1 clove garlic minced
- 4 ounces goat cheese crumbled
- 0.3 cup kalamata olives pitted chopped
- 2 tablespoons milk
- 8 ounce oil-packed tomatoes dried

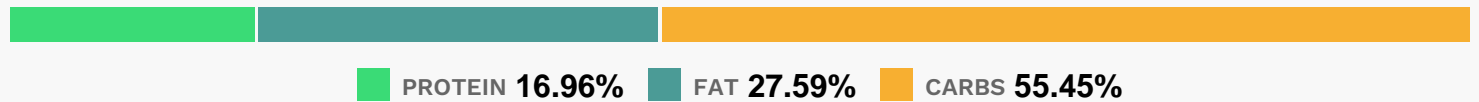
## Equipment

- baking sheet
- oven
- mixing bowl

## Directions

- For crostini, partially freeze bread.
- Cut bread into forty 1/4-inch-thick slices; arrange on cookie sheets.
- Drain tomatoes, reserving oil. Lightly brush one side of each slice with some oil.
- Bake in a 300 degree F oven for 6 minutes. Turn slices over; bake 6 minutes more or until golden brown.
- Finely chop tomatoes. Stir in olives and garlic. Set aside. Beat cream cheese in a small mixing bowl until softened. Beat in feta and milk until smooth.
- Spread feta mixture on oiled side of crostini. Top with a small dollop of tomato mixture.
- Garnish crostini with shredded basil.

## Nutrition Facts



## Properties

Glycemic Index:6.89, Glycemic Load:4.81, Inflammation Score:-3, Nutrition Score:4.0665217165066%

## Nutrients (% of daily need)

Calories: 59kcal (2.95%), Fat: 1.91g (2.93%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.64g (2.78%), Sugar: 2.75g (3.05%), Cholesterol: 3.54mg (1.18%), Sodium: 96.92mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Vitamin K: 10.92µg (10.4%), Manganese: 0.18mg (9.22%), Vitamin B1: 0.1mg (6.99%), Copper: 0.13mg (6.29%), Potassium: 217.4mg (6.21%), Iron: 1.03mg (5.73%), Vitamin B2: 0.09mg (5.22%), Vitamin B3: 1.03mg (5.15%), Selenium: 3.47µg (4.96%), Folate: 18.07µg (4.52%), Vitamin A: 217.43IU (4.35%), Phosphorus: 42.24mg (4.22%), Magnesium: 16.33mg (4.08%), Fiber: 0.98g (3.92%), Vitamin C: 2.61mg (3.16%), Calcium: 22.51mg (2.25%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.27mg (1.83%)