



Crostini With Roasted Vegetables and Pine Nuts

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon capers
- 1.3 pounds eggplant
- 0.8 inch bread french toasted (1 pound)
- 1 large garlic clove minced
- 0.5 pound bell pepper green
- 0.3 teaspoon ground pepper red

- 1 teaspoon olive oil
- 0.3 cup pinenuts toasted
- 0.5 pound bell pepper red
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 0.5 pound bell pepper yellow

Equipment

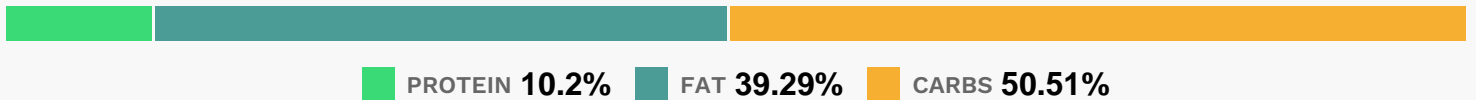
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- ziploc bags
- colander

Directions

- Preheat oven to 50
- Pierce eggplant several times with a fork; place on a foil-lined baking sheet.
- Bake at 500 for 20 minutes or until tender.
- Cut eggplant in half lengthwise.
- Place in a colander; let stand 15 minutes. Peel eggplant.
- Cut into 1/2-inch cubes; place in a medium bowl.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place halves, skin sides up, on foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a heavy-duty zip-top plastic bag; seal.
- Let stand 15 minutes. Peel; cut into 1/2-inch pieces.
- Add bell peppers and pine nuts to eggplant in bowl; toss well.

- Heat oil in a nonstick skillet over medium-high heat.
- Add red pepper and garlic, and saut 30 seconds.
- Add vinegar, capers, sugar, and salt. Bring to a boil; cook 30 seconds.
- Pour over eggplant mixture; toss. Marinate at room temperature for 2 hours.
- Spoon 1 tablespoon eggplant mixture onto each bread slice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:3.0039130384507%

Flavonoids

Delphinidin: 13.5mg, Delphinidin: 13.5mg, Delphinidin: 13.5mg, Delphinidin: 13.5mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 17.19kcal (0.86%), Fat: 0.83g (1.28%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.2g (1.33%), Cholesterol: 0mg (0%), Sodium: 23.75mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin C: 25.09mg (30.41%), Manganese: 0.14mg (7.23%), Vitamin A: 243.15IU (4.86%), Fiber: 0.82g (3.27%), Vitamin B6: 0.06mg (2.93%), Potassium: 81.1mg (2.32%), Folate: 9.08µg (2.27%), Copper: 0.04mg (1.93%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.97µg (1.87%), Magnesium: 6.94mg (1.73%), Vitamin B3: 0.3mg (1.49%), Phosphorus: 14mg (1.4%), Vitamin B1: 0.02mg (1.26%), Vitamin B2: 0.02mg (1.02%), Iron: 0.18mg (1.01%)