



Crostini with Spicy Green Olivada

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 18.3 inch bread
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 1 cup olive green pitted
- ☐ 0.3 cup kalamata olives black pitted coarsely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 7 tablespoons olive oil extra virgin extra-virgin

☐ 0.3 teaspoon pepper dried red crushed

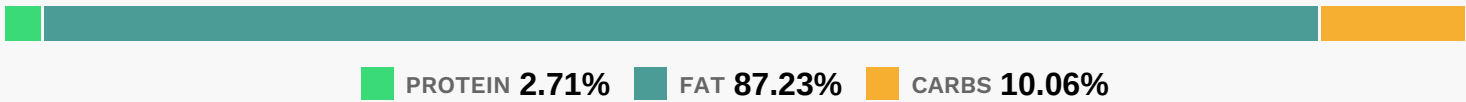
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Finely chop first 6 ingredients in processor. Blend in 5 tablespoons oil.
- ☐ Transfer to small bowl. (Can be made 2 days ahead. Cover and refrigerate. Bring to room temperature before using.)
- ☐ Preheat oven to 400°F. Arrange bread slices on large baking sheet.
- ☐ Brush with 2 tablespoons oil.
- ☐ Bake until crisp and golden, about 13 minutes. Cool completely. (Can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Spread olive mixture onto toasts.
- ☐ Sprinkle with Kalamata olives and serve.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.1086956610822%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 69.92kcal (3.5%), Fat: 6.98g (10.74%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.19g (0.21%), Cholesterol: 0.28mg (0.09%), Sodium: 174.66mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin E: 1.17mg (7.8%), Vitamin K: 3.5µg

(3.33%), Selenium: 1.08µg (1.54%), Fiber: 0.38g (1.53%), Vitamin B1: 0.02mg (1.41%), Iron: 0.2mg (1.12%), Vitamin B3: 0.22mg (1.09%)