



Crostini with Sun-Dried Tomato and White Bean Spread

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices diagonally-cut baguette (1/2-inch-thick)
- 1 cup .5 can cannellini beans canned rinsed drained
- 0.3 teaspoon pepper red crushed
- 2 garlic cloves crushed
- 1 tablespoon juice of lemon fresh
- 1.5 tablespoons olive oil extra-virgin
- 0.3 cup oil-packed sun-dried tomato halves drained coarsely chopped

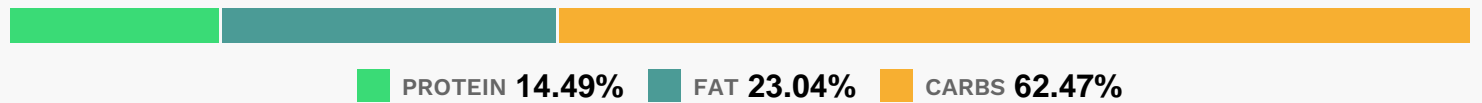
Equipment

- baking sheet
- oven
- blender

Directions

- Preheat oven to 35
- Place baguette slices on a large baking sheet.
- Bake at 350 for 8 minutes or until lightly toasted.
- While baguette slices toast, place beans and next 4 ingredients in a blender; process until smooth.
- Spread 2 tablespoons bean mixture on each baguette slice; sprinkle each with 1/2 tablespoon chopped tomatoes.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:24.43, Inflammation Score:-5, Nutrition Score:12.816086903862%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 284.33kcal (14.22%), Fat: 7.37g (11.33%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 40.5g (14.73%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 407.56mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Manganese: 0.68mg (34.1%), Vitamin B1: 0.46mg (30.4%), Folate: 103.07µg (25.77%), Iron: 4.25mg (23.61%), Vitamin B3: 3.61mg (18.03%), Fiber: 4.42g (17.7%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.26mg (15.24%), Potassium: 530.71mg (15.16%), Copper: 0.29mg (14.26%),

Magnesium: 53.59mg (13.4%), Phosphorus: 128.97mg (12.9%), Calcium: 110.83mg (11.08%), Vitamin K: 9.49µg (9.04%), Vitamin E: 1.35mg (9%), Zinc: 1.17mg (7.79%), Vitamin B6: 0.15mg (7.29%), Vitamin C: 4.62mg (5.59%), Vitamin B5: 0.48mg (4.83%), Vitamin A: 97.51IU (1.95%)