



## Croutons with Orange and Fennel Tapenade

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 5.5 inch bread french toasted cut
- 1 tablespoon capers
- 1 tablespoon olive oil extravirgin
- 1 teaspoon fennel seeds
- 2 garlic clove peeled
- 0.5 cup olives pitted
- 1.5 tablespoons orange juice

1 teaspoon orange zest grated

1 teaspoon water

## Equipment

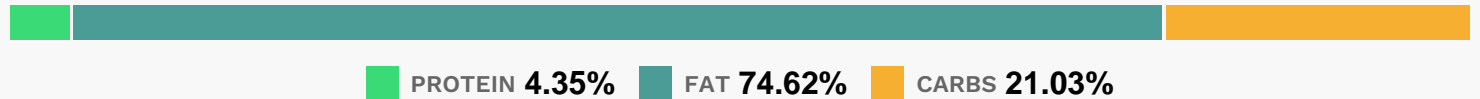
food processor

## Directions

Combine first 8 ingredients in a food processor; process until smooth.

Add pepper. Spoon 1 teaspoon of tapenade over each baguette slice. Arrange on a serving platter; garnish with orange sections, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7.85, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.40173913214518%

## Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 13.28kcal (0.66%), Fat: 1.16g (1.78%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 61.11mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin E: 0.21mg (1.43%), Manganese: 0.02mg (1.07%)