



Croutons with Tapenade

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy
- ☐ 1.5 tablespoons capers drained
- ☐ 1 bread sliced into rounds
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 3 large garlic clove
- ☐ 1.8 cups kalamata olives black pitted
- ☐ 2 tablespoons juice of lemon fresh

☐ 6 tablespoons olive oil

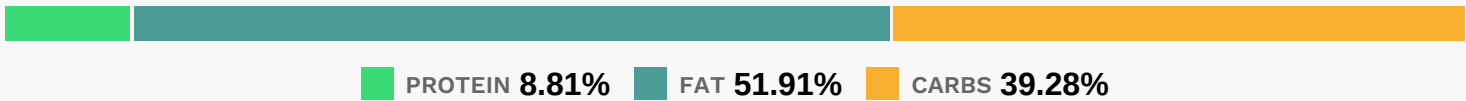
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Finely chop 1 garlic clove in processor.
- ☐ Add olives, anchovies, capers, thyme and rosemary. Process until almost smooth.
- ☐ Add lemon juice. With machine running, gradually add 4 tablespoons olive oil. Blend mixture until smooth. Season tapenade to taste with pepper.
- ☐ Transfer to small bowl.
- ☐ Preheat oven to 350°F. Arrange bread slices on 2 baking sheets.
- ☐ Bake bread until crisp and golden brown, about 15 minutes. Rub remaining 2 garlic cloves over 1 side of each crouton. Lightly brush croutons with remaining 2 tablespoons olive oil.
- ☐ Serve croutons warm or at room temperature with tapenade. (Can be prepared 3 days ahead. Cover tapenade and refrigerate. Cool croutons completely; store in airtight container at room temperature.)

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:26.83, Inflammation Score:-6, Nutrition Score:11.131304213534%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 369.83kcal (18.49%), Fat: 21.81g (33.55%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 34.21g (12.44%), Sugar: 3.44g (3.82%), Cholesterol: 1.6mg (0.53%), Sodium: 1074.36mg (46.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin B1: 0.49mg (32.52%), Selenium: 20.64µg (29.48%), Vitamin E: 3.7mg (24.65%), Folate: 85.09µg (21.27%), Manganese: 0.38mg (19.22%), Vitamin B3: 3.71mg (18.57%), Vitamin B2: 0.3mg (17.71%), Iron: 3.09mg (17.15%), Fiber: 2.93g (11.7%), Vitamin K: 9.97µg (9.49%), Copper: 0.17mg (8.44%), Phosphorus: 79.47mg (7.95%), Magnesium: 28.64mg (7.16%), Calcium: 64.42mg (6.44%), Vitamin B6: 0.11mg (5.5%), Zinc: 0.79mg (5.25%), Vitamin C: 3.03mg (3.67%), Vitamin A: 175.6IU (3.51%), Potassium: 119mg (3.4%), Vitamin B5: 0.27mg (2.66%)