



Deborah Madison's Summer Squash Tartines with Rosemary and Lemon

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



835 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 crusty baguette sliced
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 1 lemon zest grated
- ☐ 1 teaspoon olive oil
- ☐ 4 servings olive oil for the bread
- ☐ 0.5 cup ricotta cheese
- ☐ 4 servings salt and pepper freshly ground

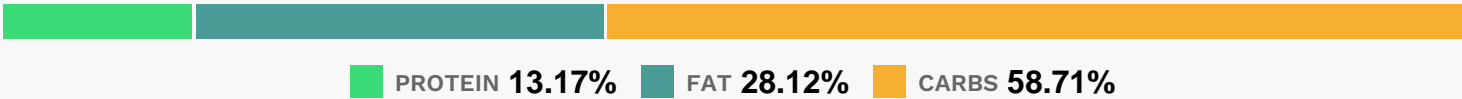
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a nonstick skillet over medium-high heat.
- ☐ Add the squash, sauté for 1 minute or so to warm, then add a splash of water and cover. Cook over medium-high heat until the squash is soft, about 3 minutes.
- ☐ Remove the lid, add the rosemary and lemon zest, toss it with the squash, and then season with salt and pepper.
- ☐ Lightly brush the cut surface of the baguette pieces with olive oil, then toast until golden and crisp. While the bread is hot, rub the cut surfaces with the garlic.
- ☐ Spread the baguette pieces with the ricotta, then overlap the squash on top. Season with a bit more pepper and serve.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:82.77, Inflammation Score:-7, Nutrition Score:28.534348090058%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 834.78kcal (41.74%), Fat: 25.85g (39.78%), Saturated Fat: 6g (37.52%), Carbohydrates: 121.44g (40.48%), Net Carbohydrates: 116.03g (42.19%), Sugar: 11.87g (13.19%), Cholesterol: 15.81mg (5.27%), Sodium: 1765.23mg (76.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Vitamin B1: 1.46mg (97.33%), Selenium: 47.51µg (67.87%), Folate: 271.44µg (67.86%), Manganese: 1.16mg (58.13%), Vitamin B3: 11.39mg (56.94%), Vitamin B2: 0.86mg (50.83%), Iron: 8.84mg (49.12%), Calcium: 329.03mg (32.9%), Phosphorus: 286.68mg (28.67%), Fiber: 5.41g (21.65%), Vitamin E: 2.92mg (19.49%), Magnesium: 68.66mg (17.17%), Vitamin K: 16.87µg (16.07%), Zinc: 2.34mg (15.59%), Copper: 0.31mg (15.53%), Vitamin B6: 0.28mg (13.8%), Vitamin B5: 1.02mg (10.16%), Potassium: 345.31mg (9.87%), Vitamin A: 139.43IU (2.79%), Vitamin C: 1.94mg (2.35%), Vitamin B12: 0.11µg (1.76%)