



Edamame and Pear Crostini

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce baguette thinly sliced
- ☐ 1 large bartlett pears diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce edamame frozen shelled
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 1 cup mint leaves fresh chopped for garnish
- ☐ 0.5 cup pecorino romano cheese grated
- ☐ 0.5 teaspoon salt

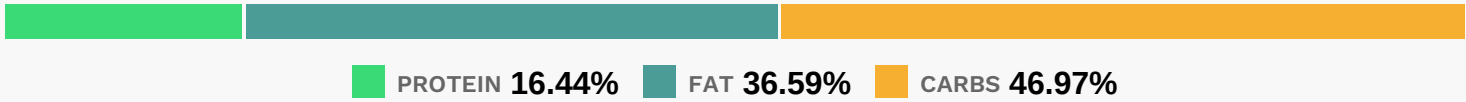
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Cook edamame in salted boiling water for 10 minutes.
- ☐ Remove with a slotted spoon, and place in ice water; drain. Set aside 1/4 cup whole edamame; process the remainder in a food processor until coarsely chopped.
- ☐ Combine mashed edamame with reserved whole edamame, 3 tablespoons oil, 1 cup mint, cheese, salt, and pepper.
- ☐ Place baguette slices on a baking sheet, brush lightly with remaining 1 tablespoon oil, and bake for 10 minutes. Top each baguette slice with 1 tablespoon edamame mixture and 2 teaspoons pear.
- ☐ Garnish with additional mint, if desired.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:12.39, Inflammation Score:-3, Nutrition Score:6.8239130915507%

Flavonoids

Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg

Nutrients (% of daily need)

Calories: 227.94kcal (11.4%), Fat: 9.27g (14.26%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 23.15g (8.42%), Sugar: 5.06g (5.62%), Cholesterol: 5.2mg (1.73%), Sodium: 388.25mg (16.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Iron: 2.74mg (15.25%), Fiber: 3.63g (14.51%), Calcium: 139.64mg (13.96%), Vitamin B1: 0.21mg (13.75%), Manganese: 0.23mg (11.34%), Folate: 43.25µg (10.81%), Selenium: 6.6µg (9.43%), Potassium: 300.49mg (8.59%), Vitamin B2: 0.15mg (8.57%), Vitamin B3: 1.66mg (8.31%), Phosphorus: 76.18mg (7.62%), Vitamin E: 0.92mg (6.1%), Vitamin K: 5.33µg (5.07%), Vitamin A: 218.54IU (4.37%), Magnesium: 15.95mg (3.99%), Copper: 0.08mg (3.8%), Zinc: 0.47mg (3.11%), Vitamin C: 2.43mg (2.95%), Vitamin B6: 0.05mg (2.57%), Vitamin B5: 0.18mg (1.75%)