



Egg and Anchovy Crostini

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 fillet marinated anchovy white
- ☐ 2 in. length of baguette split
- ☐ 2 tablespoons chive pieces ()
- ☐ 4 extra large eggs
- ☐ 2 tablespoons flat-leaf parsley roughly chopped
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings bell pepper

☐ 8 servings sea salt

Equipment

☐ bowl

☐ sauce pan

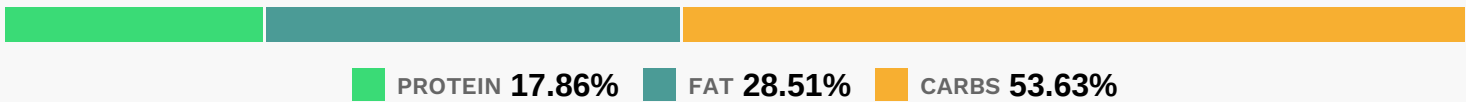
☐ knife

☐ broiler

Directions

- ☐ Fill a bowl with ice water and salt. Bring a saucepan of water to a boil and lower in eggs with a spoon; cook 6 1/2 minutes for a softly set egg.
- ☐ Transfer eggs to salted ice water (salt helps the shells come off more easily) and cool completely, about 5 minutes. Peel eggs and set aside.
- ☐ Preheat broiler with a rack set 4 in. from heat.
- ☐ Brush baguette with oil and sprinkle with salt and pepper to taste. Toast bread, turning once, until warm and golden brown, about 5 minutes. Rub cut side of bread with whole lemon to extract oils from peel.
- ☐ Use a 1 1/2-in. round cutter to cut 4 evenly spaced holes in each baguette half, or use a knife and scoop out with a spoon. Slice bread crosswise between holes into 8 pieces.
- ☐ Cut eggs in half crosswise and set an egg into each hole.
- ☐ Sprinkle eggs with salt and pepper.
- ☐ Lay 2 anchovies over each and sprinkle with parsley and chives.
- ☐ *Find in well-stocked grocery stores or Italian markets, or substitute good-quality regular canned or jarred anchovies that you've tossed in a little sherry vinaigrette.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:21.81, Inflammation Score:-9, Nutrition Score:20.701739269754%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 8.53g (13.13%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 32.8g (11.93%), Sugar: 6.52g (7.25%), Cholesterol: 108.96mg (36.32%), Sodium: 632.02mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Vitamin C: 104.28mg (126.4%), Vitamin A: 2607.65IU (52.15%), Selenium: 22.4µg (32%), Folate: 118.82µg (29.7%), Vitamin B1: 0.43mg (28.43%), Vitamin B2: 0.42mg (24.53%), Vitamin K: 25.72µg (24.5%), Vitamin B3: 4.74mg (23.71%), Manganese: 0.4mg (19.79%), Iron: 3.4mg (18.9%), Vitamin B6: 0.35mg (17.68%), Phosphorus: 151.28mg (15.13%), Vitamin E: 2.23mg (14.88%), Fiber: 3.31g (13.23%), Calcium: 104.01mg (10.4%), Vitamin B5: 0.99mg (9.85%), Potassium: 330.44mg (9.44%), Magnesium: 33.73mg (8.43%), Zinc: 1.2mg (8.02%), Copper: 0.13mg (6.66%), Vitamin B12: 0.3µg (4.98%), Vitamin D: 0.56µg (3.73%)