



## Festive Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounce baguette
- 8 ounce cream cheese fat-free softened
- 3 ounce tomatoes dried
- 4 ounce feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 2 garlic cloves divided
- 2.5 ounce olives ripe drained sliced canned
- 1.5 cups water boiling

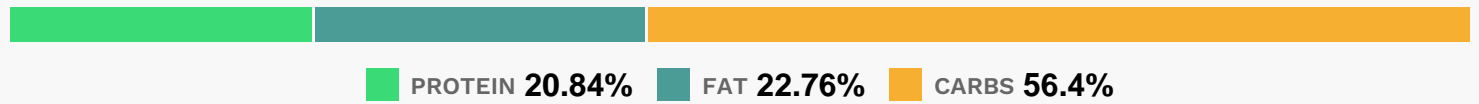
## Equipment

- baking sheet
- oven

## Directions

- Soak tomatoes in 1 1/2 cups boiling water 30 minutes; drain. Chop tomatoes, and set aside.
- Place bread on a baking sheet.
- Bake at 400 for 10 to 12 minutes or until toasted.
- Cut 1 garlic clove in half. Rub bread slices evenly with cut side of garlic.
- Stir together cream cheese and feta cheese until well blended.
- Spread about 1 teaspoon cream cheese mixture evenly on each bread slice.
- Mince remaining garlic clove. Stir together minced garlic, tomato, olives, and parsley. Spoon over cream cheese mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.36, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:4.0947826106263%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

## Nutrients (% of daily need)

Calories: 68.33kcal (3.42%), Fat: 1.75g (2.69%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9g (3.27%), Sugar: 2.21g (2.45%), Cholesterol: 4.27mg (1.42%), Sodium: 230.39mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 9.99µg (9.52%), Phosphorus: 77.42mg (7.74%), Vitamin B1: 0.11mg (7.54%), Vitamin B2: 0.12mg (6.78%), Calcium: 66.8mg (6.68%), Manganese: 0.13mg (6.45%), Folate: 22.8µg (5.7%), Selenium: 3.74µg (5.35%), Vitamin B3: 1.01mg (5.06%), Iron: 0.86mg (4.8%), Potassium: 143.91mg (4.11%), Copper: 0.07mg (3.43%), Magnesium: 12.49mg (3.12%), Fiber: 0.76g (3.06%), Zinc: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.43%), Vitamin B12: 0.14µg (2.26%), Vitamin C: 1.84mg (2.23%), Vitamin B5:

0.22mg (2.2%), Vitamin A: 96.16IU (1.92%)