



Fresh Herb-Tomato Crostini

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.5 oz bread baguette french cut into 1/4-inch-thick slices
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.8 cup green onions finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 large tomatoes finely chopped

Equipment

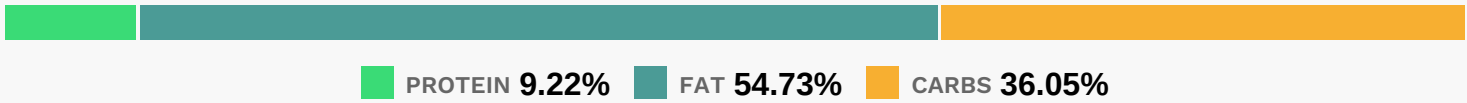
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Stir together olive oil and garlic; brush on 1 side of each bread slice.
- ☐ Place bread slices, garlic sides up, on a baking sheet.
- ☐ Bake 10 to 12 minutes or until lightly toasted.
- ☐ Whisk together lemon juice and next 3 ingredients in a large bowl.
- ☐ Add tomato and next 3 ingredients; gently toss to coat.
- ☐ Top each bread slice with tomato mixture (about 2 rounded teaspoonfuls each).
- ☐ Sprinkle with cheese.
- ☐ Green Tomato–Fresh Herb Crostini: Substitute 1 finely chopped large green tomato for red tomato. Proceed with recipe as directed.
- ☐ Fresh Herb–Tomato Tabbouleh Salad: Omit first 3 ingredients. Decrease feta cheese to 1/4 cup. Prepare tomato mixture as directed in Step 2; drain. Reserve seasoning packet from 1 (25-oz.) tabbouleh salad mix for another use.
- ☐ Pour tabbouleh mix into a large bowl; stir in 1 cup boiling water. Cover and chill 30 minutes. Stir in tomato mixture. Cover and chill 1 hour. Top with feta cheese, and season with salt to taste. Makes 6 servings. Prep: 10 min; Chill: 1 hr., 30 min.
- ☐ Note: For testing purposes only, we used Near East Taboule
- ☐ Mix Wheat Salad.

Per serving: Calories 93; Fat 1g (sat 6g, mono 9g, poly 5g); Protein 1g; Carb 7g; Fiber 4g; Chol 6mg; Iron 9mg; Sodium 243mg; Calc 53mg.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:3.36, Inflammation Score:-2, Nutrition Score:2.9656521888531%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 53.44kcal (2.67%), Fat: 3.32g (5.1%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.64g (0.71%), Cholesterol: 1.48mg (0.49%), Sodium: 88.15mg (3.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 23.8µg (22.67%), Vitamin B1: 0.06mg (4.33%), Vitamin C: 3.33mg (4.03%), Folate: 14.94µg (3.74%), Selenium: 2.59µg (3.71%), Vitamin A: 173.97IU (3.48%), Vitamin B2: 0.05mg (3.14%), Vitamin E: 0.47mg (3.13%), Manganese: 0.06mg (3.08%), Iron: 0.47mg (2.61%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 17.57mg (1.76%), Calcium: 17.11mg (1.71%), Fiber: 0.37g (1.49%), Vitamin B6: 0.03mg (1.32%), Magnesium: 4.84mg (1.21%), Potassium: 40.69mg (1.16%), Zinc: 0.17mg (1.12%), Copper: 0.02mg (1.07%)