



Fresh Herbed Heirloom Tomatoes and Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 inch diagonally bread baguette french cut
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 teaspoons goat cheese divided
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 5 inch tomatoes
- ☐ 2 tablespoons water

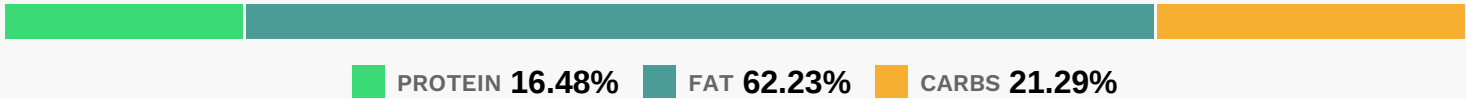
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Place the first 5 ingredients in a blender; process until smooth.
- ☐ Place baguette slices in a single layer on a baking sheet.
- ☐ Bake at 350 for 7 minutes or until crisp.
- ☐ Spread 1/2 teaspoon cheese over each slice.
- ☐ Divide tomatoes evenly among 4 salad plates.
- ☐ Drizzle each serving with 1 tablespoon herbed oil.
- ☐ Sprinkle each with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Garnish each with 2 crostini.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:4.9939129857913%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 30.06kcal (1.5%), Fat: 2.18g (3.36%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 1.68g (0.56%), Net
Carbohydrates: 1.36g (0.49%), Sugar: 0.43g (0.48%), Cholesterol: 2.3mg (0.77%), Sodium: 317.93mg (13.82%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 69.14µg (65.85%), Vitamin C: 8.6mg
(10.42%), Vitamin A: 474.97IU (9.5%), Manganese: 0.08mg (4.03%), Copper: 0.06mg (2.88%), Iron: 0.47mg (2.6%),
Folate: 10.42µg (2.6%), Phosphorus: 19.21mg (1.92%), Calcium: 18.71mg (1.87%), Vitamin B2: 0.03mg (1.72%), Vitamin
E: 0.23mg (1.51%), Magnesium: 5.46mg (1.37%), Potassium: 46.93mg (1.34%), Vitamin B6: 0.03mg (1.32%), Fiber:
0.32g (1.29%), Vitamin B1: 0.02mg (1.05%)