

**81%**
HEALTH SCORE

Garden Puree Bruschetta with Ricotta Salata

 Vegetarian  Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**467 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound asparagus ()
- 1 baguette french
- 2 cloves garlic
- 0.5 pound tender green beans trimmed
- 3 to 4 green onions roughly chopped
- 4 servings kosher salt and pepper black freshly ground
- 4 servings olive oil extra-virgin
- 1 pound peas english shelled

- 4 servings ricotta salata shavings for garnish
- 0.5 cups whole-milk ricotta cheese

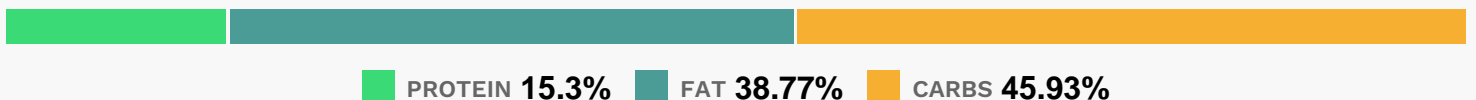
Equipment

- food processor
- bowl
- oven
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the peas, asparagus tips, haricots verts, and green onions and cook until bright green and crisp-tender, about 3 minutes. (If you're using frozen peas, you can throw them in during the last couple of minutes, to thaw.)
- Drain, transfer to a bowl of salted ice water to stop cooking, and drain again. Puree the rest in a food processor with the ricotta, a drizzle of oil, and salt and pepper, to taste. Set it aside until ready to use.
- Preheat oven to 350 degrees F.
- Make the bruschetta by cutting thin slices of the baguette.
- Drizzle with extra-virgin olive oil and bake in a hot oven until golden brown, about 10 minutes.
- Remove from oven and rub with peeled garlic cloves while still warm.
- To serve, spoon the garden puree onto the toasted bread.
- Garnish with a large shaving of ricotta salata and a drizzle of extra-virgin olive oil, if desired.

Nutrition Facts



Properties

Glycemic Index:85.52, Glycemic Load:26.99, Inflammation Score:-9, Nutrition Score:30.990435089754%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 467.45kcal (23.37%), Fat: 20.53g (31.59%), Saturated Fat: 5.06g (31.65%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 43.95g (15.98%), Sugar: 12.59g (13.99%), Cholesterol: 16.32mg (5.44%), Sodium: 425.33mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.47%), Vitamin K: 105.56µg (100.54%), Vitamin C: 57.61mg (69.83%), Vitamin B1: 0.81mg (53.68%), Manganese: 1.02mg (51.06%), Folate: 198.44µg (49.61%), Fiber: 10.79g (43.15%), Vitamin A: 1920.18IU (38.4%), Iron: 5.99mg (33.27%), Vitamin B2: 0.56mg (32.98%), Vitamin B3: 6.27mg (31.35%), Phosphorus: 289.22mg (28.92%), Selenium: 19.35µg (27.64%), Copper: 0.44mg (22.07%), Vitamin E: 3.3mg (22.03%), Vitamin B6: 0.43mg (21.32%), Calcium: 204.58mg (20.46%), Magnesium: 81.65mg (20.41%), Potassium: 654.28mg (18.69%), Zinc: 2.77mg (18.45%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.11µg (1.81%)