



Garlic and Cheese Crostini

 Popular

READY IN



30 min.

SERVINGS



24

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch baguette
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 5 large garlic cloves minced
- ☐ 24 servings kosher salt
- ☐ 0.3 cup olive oil divided
- ☐ 0.8 cup pecorino cheese finely grated (preferably imported)

Equipment

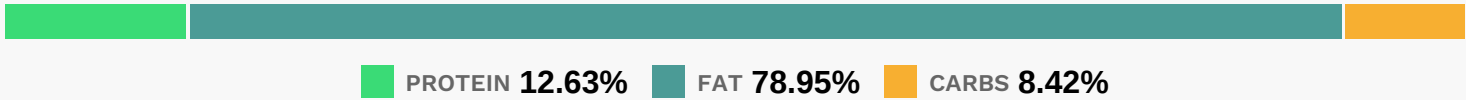
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Arrange bread slices in 1 layer on a large baking sheet and brush tops with 3 tablespoons oil.
- ☐ Stir together remaining tablespoon oil, cheese, garlic, 1/4 teaspoon kosher salt, and 1/4 teaspoon pepper in a small bowl.
- ☐ Sprinkle each slice with about 1 teaspoon cheese mixture, mounding it slightly.
- ☐ Bake until topping just starts to melt, 6 to 8 minutes.
- ☐ Sprinkle with parsley and kosher salt to taste.
- ☐ Serve warm.
- ☐ Cheese mixture can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.0526086846771%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.23kcal (1.76%), Fat: 3.12g (4.8%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.07g (0.08%), Cholesterol: 3.25mg (1.08%), Sodium: 236.86mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin K: 6.93µg (6.6%), Calcium: 35.87mg (3.59%), Phosphorus: 25.7mg (2.57%), Vitamin E: 0.34mg (2.24%)