



Garlic Toasts with Red Pepper Aioli



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 12 slices ciabatta bread (1/)
- ☐ 2 garlic cloves
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup roasted bell peppers red dry drained
- ☐ 6 servings salt and pepper black freshly ground

Equipment

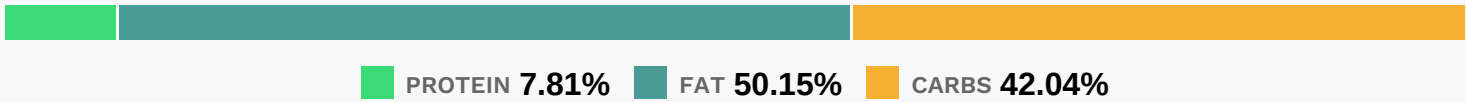
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To make the garlic bread: Preheat the oven to 400 degrees F.
- ☐ Drizzle the oil over the bread slices. Arrange the bread on a baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until the bread is crisp and golden, about 5 minutes. Immediately rub the garlic cloves over the hot toasts.
- ☐ To make the aioli: Finely chop the garlic in the food processor.
- ☐ Add the peppers and blend until almost smooth. Blend in the mayonnaise. With the machine running, blend in the oil. Season the aioli, to taste, with salt and pepper.
- ☐ Transfer the aioli to a small bowl. (The aioli can be made 2 days ahead. Cover and refrigerate.)
- ☐ Spread the aioli over the toasts and serve.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.3213043504435%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 257.96kcal (12.9%), Fat: 14.41g (22.17%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 26.38g (9.59%), Sugar: 0.08g (0.09%), Cholesterol: 5.23mg (1.74%), Sodium: 513.42mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin K: 23.27µg (22.17%), Vitamin E: 1.08mg (7.21%), Vitamin C: 5.74mg (6.95%), Fiber: 0.8g (3.21%), Manganese: 0.05mg (2.45%), Vitamin B6: 0.03mg (1.72%), Vitamin A: 69.39IU (1.39%), Copper: 0.02mg (1.09%)