



Ghostinis with Bloody Murder Sundried Tomato Tapenade

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

Ingredients

- 2 tablespoons capers in brine drained
- 0.5 cup parsley leaves fresh
- 10 servings grissini and/or flatbread crackers seeded for serving
- 0.5 cup kalamata olives pitted
- 10 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 0.3 cup olive oil

- 1.3 pounds sourdough bread
- 0.5 cup sundried tomatoes flavored in oil

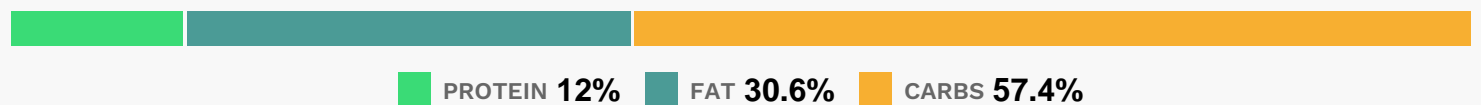
Equipment

- food processor
- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Special equipment: one 2 1/2- to 3-inch metal ghost-shaped cookie cutter
- Preheat the oven to 400 degrees F. Trim the hard crusts from both ends of the loaf of bread. Slice the remaining loaf into 1/2- to 3/4-inch slices; you will have between 14 and 16 slices. Using the cookie cutter, cut 1 to 2 ghosts from each slice of bread, depending on the size. Reserve the scraps for making fresh breadcrumbs, stuffing or bread pudding.
- Lay the ghosts on a rimmed baking sheet and lightly brush with 1 tablespoon of the olive oil. Season all the slices with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Bake in the oven until toasted, flipping halfway, 10 to 12 minutes. Set aside to cool.
- While the bread toasts, put the olives, parsley, sundried tomatoes, flavored oil, capers, remaining 1/4 cup olive oil, 2 tablespoons water and 1/4 teaspoon pepper in the bowl of a food processor. Pulse until chunky and then process until mostly smooth.
- Add the lemon juice and pulse a few times to incorporate.
- Serve with the ghostinis on the side plus additional grissini breadsticks and/or flatbread crackers.

Nutrition Facts



Properties

Glycemic Index:17.45, Glycemic Load:23.44, Inflammation Score:-6, Nutrition Score:12.122173920922%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 231.47kcal (11.57%), Fat: 8.06g (12.4%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 31.63g (11.5%), Sugar: 4.83g (5.36%), Cholesterol: 0mg (0%), Sodium: 506.95mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin K: 55.86µg (53.2%), Vitamin B1: 0.44mg (29.09%), Selenium: 16.61µg (23.73%), Manganese: 0.42mg (20.88%), Folate: 78.93µg (19.73%), Iron: 3.06mg (17.02%), Vitamin B3: 3.3mg (16.49%), Vitamin B2: 0.28mg (16.18%), Fiber: 2.39g (9.56%), Copper: 0.18mg (9.22%), Vitamin C: 6.8mg (8.24%), Phosphorus: 81.56mg (8.16%), Magnesium: 31.85mg (7.96%), Vitamin E: 1.19mg (7.96%), Potassium: 278.01mg (7.94%), Vitamin A: 330.16IU (6.6%), Zinc: 0.74mg (4.94%), Calcium: 44.41mg (4.44%), Vitamin B6: 0.09mg (4.25%), Vitamin B5: 0.32mg (3.22%)