



Goat Cheese and Sun-Dried Tomato Tartines

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices crusty baguette (1/2-inch-thick)
- 1 tablespoon basil fresh
- 6 servings basil fresh
- 8 oz goat cheese soft
- 2 tablespoons olives black
- 3.5 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon sherry vinegar
- 2 tablespoons sun-dried olives (packed in oil) julienned soft

1 medium tomatoes peeled seeded cut into 1/4-inch dice

Equipment

baking sheet

oven

Directions

Preheat oven to 350°F.

Brush 1 side of baguette slices with 2 tablespoons oil and arrange, oiled sides up, on a baking sheet. Toast bread in middle of oven until golden on top, about 7 minutes, then transfer to a rack to cool. Leave oven on.

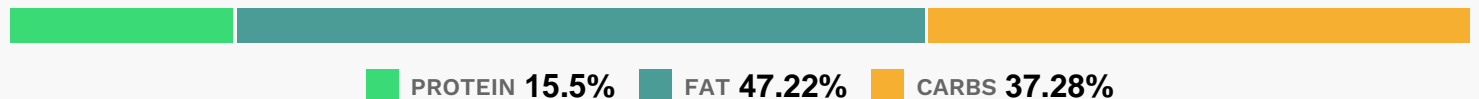
Stir together fresh and dried tomatoes, basil, vinegar, and 1/2 tablespoon oil.

Spread each toast with tapenade and top with a slice of goat cheese and a rounded teaspoon of tomato mixture. Arrange tartines on a baking sheet, then season with salt and pepper and drizzle with 1/2 tablespoon oil.

Bake tartines in middle of oven until cheese is softened, about 5 minutes.

Transfer to a platter and drizzle with remaining 1/2 tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:21.57, Inflammation Score:-6, Nutrition Score:12.398695614027%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 350.3kcal (17.51%), Fat: 18.4g (28.3%), Saturated Fat: 7.05g (44.08%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 30.76g (11.18%), Sugar: 4.53g (5.03%), Cholesterol: 17.39mg (5.8%), Sodium: 579.35mg

(25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Vitamin B1: 0.42mg (27.78%), Vitamin B2: 0.36mg (21.36%), Manganese: 0.42mg (20.8%), Copper: 0.4mg (20.11%), Folate: 78.89µg (19.72%), Vitamin K: 19.57µg (18.64%), Iron: 3.27mg (18.16%), Selenium: 12.19µg (17.41%), Phosphorus: 169.9mg (16.99%), Vitamin B3: 3.37mg (16.84%), Vitamin A: 709.36IU (14.19%), Calcium: 129.65mg (12.97%), Vitamin E: 1.66mg (11.07%), Vitamin B6: 0.19mg (9.37%), Fiber: 1.92g (7.68%), Magnesium: 30mg (7.5%), Zinc: 0.94mg (6.28%), Potassium: 203.35mg (5.81%), Vitamin B5: 0.56mg (5.57%), Vitamin C: 3.89mg (4.71%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)