



Goat Cheese-Green Olive Tapenade Crostini

 Vegetarian

READY IN



10 min.

SERVINGS



32

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 inch bread baguette french toasted
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons flat-leaf parsley leaves fresh
- ☐ 8 ounces goat cheese softened
- ☐ 1 cup olives green pitted
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon orange rind fresh grated

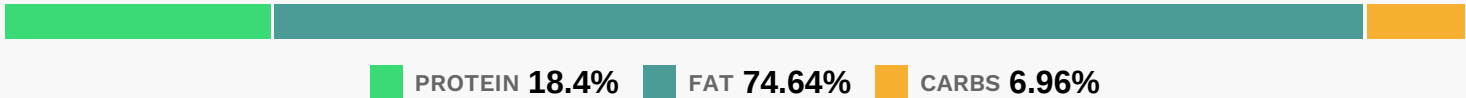
Equipment

☐ food processor

Directions

- ☐ Combine first 5 ingredients in a food processor; pulse 4 times or until coarsely chopped.
- ☐ Add olive oil, and pulse 5 times or until finely chopped.
- ☐ Spread about 1 1/2 teaspoons goat cheese over each baguette slice, and top each with about 1 1/2 teaspoons tapenade.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.0734782568786%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 30.67kcal (1.53%), Fat: 2.6g (4%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.12g (0.13%), Cholesterol: 3.26mg (1.09%), Sodium: 102.79mg (4.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin K: 4.64µg (4.42%), Copper: 0.06mg (2.97%), Vitamin A: 111.55IU (2.23%), Phosphorus: 19.19mg (1.92%), Vitamin B2: 0.03mg (1.8%), Vitamin E: 0.24mg (1.61%), Calcium: 13.07mg (1.31%), Iron: 0.2mg (1.14%), Vitamin B6: 0.02mg (1.01%)