



## Goat Cheese-Pesto Crostini

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8.5 oz bread french
- 10.5 oz goat cheese fresh
- 7 olive whole green pitted sliced
- 0.5 cup basil pesto refrigerated
- 0.3 cup sun-dried olives drained cut into thin strips

### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 37
- Cut baguette into 28 (1/2-inch-thick) slices, and place on a lightly greased baking sheet.
- Bake for 5 minutes.
- Spread 1 side of each bread slice with a layer of pesto and goat cheese. Top half of bread slices with sun-dried tomato strips and remaining half with sliced olives.
- Bake at 375 for 5 minutes.

## Nutrition Facts

 PROTEIN **17.85%**  FAT **51.98%**  CARBS **30.17%**

## Properties

Glycemic Index:5.53, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:3.4830434659253%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 102.82kcal (5.14%), Fat: 5.99g (9.22%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.19g (2.61%), Sugar: 1.58g (1.76%), Cholesterol: 7.34mg (2.45%), Sodium: 209.08mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Copper: 0.16mg (7.75%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.12mg (6.89%), Vitamin A: 300.26IU (6.01%), Phosphorus: 57.34mg (5.73%), Selenium: 3.98µg (5.68%), Manganese: 0.11mg (5.59%), Iron: 0.96mg (5.35%), Folate: 17.89µg (4.47%), Vitamin B3: 0.81mg (4.07%), Calcium: 39.83mg (3.98%), Vitamin B6: 0.06mg (2.83%), Fiber: 0.64g (2.54%), Magnesium: 9.95mg (2.49%), Potassium: 81.44mg (2.33%), Zinc: 0.3mg (2%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.16µg (1.1%)