



Greek Antipasto

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread baguette french
- 4 oz athenos feta cheese crumbled traditional
- 2 Tbsp parsley fresh chopped
- 0.5 cup kalamata olives chopped
- 1 Tbsp lemon zest
- 0.5 cup onions red chopped
- 0.5 cup roasted peppers red chopped
- 0.5 cup greek vinaigrette dressing kraft

Equipment

- frying pan
- broiler
- broiler pan

Directions

- Combine all ingredients except bread and parsley. Refrigerate 1 hour.
- Heat broiler.
- Cut baguette into 48 slices.
- Place, in batches if necessary, in single layer in shallow pan or on rack of broiler pan. Broil, 4 inches from heat, 1 to 1-1/2 min. on each side or until lightly toasted on both sides.
- Add parsley to cheese mixture; mix lightly. Spoon onto toast slices just before serving, adding about 1 Tbsp. to each.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:10.86, Inflammation Score:-3, Nutrition Score:5.6360869440048%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 139.85kcal (6.99%), Fat: 7.16g (11.01%), Saturated Fat: 2g (12.51%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.35g (5.22%), Sugar: 1.71g (1.9%), Cholesterol: 6.73mg (2.24%), Sodium: 381.41mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin K: 16.95µg (16.14%), Vitamin B1: 0.21mg (13.75%), Selenium: 8.98µg (12.83%), Vitamin B2: 0.18mg (10.68%), Folate: 37.94µg (9.48%), Manganese: 0.16mg (7.85%), Vitamin B3: 1.41mg (7.06%), Iron: 1.2mg (6.65%), Calcium: 57.85mg (5.79%), Phosphorus: 56.48mg (5.65%),

Vitamin C: 3.75mg (4.55%), Vitamin E: 0.63mg (4.21%), Vitamin B6: 0.08mg (3.89%), Fiber: 0.94g (3.76%), Zinc: 0.52mg (3.47%), Magnesium: 11.82mg (2.96%), Copper: 0.06mg (2.88%), Vitamin A: 116.84IU (2.34%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.17mg (1.75%), Potassium: 56.49mg (1.61%)