



Green Olive and Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16.5 inch crusty baguette
- ☐ 1 tablespoon garlic clove thinly sliced
- ☐ 1 teaspoon fennel seeds
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 6 ounce goat cheese fresh soft cut into 16 rounds)
- ☐ 1 cup oil-cured olives green packed pitted chopped (lightly)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 1 tablespoon orange juice fresh

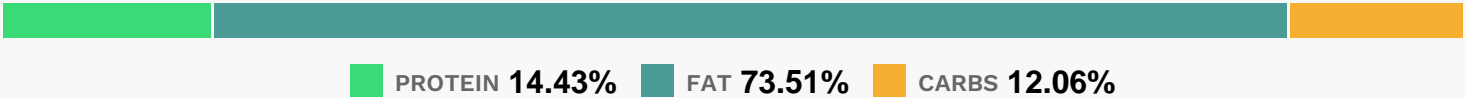
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Toast fennel seeds in small skillet overmedium-high heat until fragrant, shakingskillet occasionally, about 1 minute.
- ☐ Transfer seeds to medium bowl.
- ☐ Add olives,2 tablespoons oil, garlic chives, orangejuice, thyme, and orange peel to bowl andtoss to blend. Season to taste with saltand pepper. DO AHEAD: Can be made2 days ahead. Cover; chill. Bring to roomtemperature before using.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush both sides of bread slices with oil. Grillon 1 side until golden, about 1 minute. Turnbread over; immediately top each slice with 1cheese round. Grill until bottoms are goldenand cheese softens slightly, about 1 minute.
- ☐ Transfer crostini to platter. Spoon olivemixture over and sprinkle with pepper.
- ☐ Garlic chives, alsoknown as Chinese chives, can be foundat Asian markets.
- ☐ On hot summerevenings, Jeanne likes to serve chilledrosé. It's delicious with the crostini andis also great paired with the Cornishgame hens. To find interesting wines,Jeanne often stops by her favorite localwine shop, Colorado Wine Company.The staff there turned her on to the
- ☐ Château du Rouët 2007 Côtes de Provence
- ☐ Rosé Cuvée Reservée Tradition (\$13)that she's pouring tonight. The Grenache-Syrah blend has a fruity, elegant tasteand is rich enough to stand up to thebold flavors in this menu.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:1.785217401774%

Flavonoids

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.46kcal (3.22%), Fat: 5.38g (8.28%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.36g (0.4%), Cholesterol: 4.89mg (1.63%), Sodium: 187.2mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Copper: 0.1mg (4.79%), Vitamin E: 0.6mg (4.01%), Phosphorus: 31.86mg (3.19%), Vitamin A: 157.19IU (3.14%), Vitamin B2: 0.05mg (3.05%), Calcium: 25.57mg (2.56%), Iron: 0.42mg (2.34%), Manganese: 0.04mg (2.19%), Vitamin B6: 0.04mg (2%), Vitamin B1: 0.03mg (1.8%), Fiber: 0.43g (1.72%), Vitamin K: 1.45µg (1.38%), Vitamin C: 1.11mg (1.35%), Selenium: 0.9µg (1.28%), Folate: 4.78µg (1.19%), Magnesium: 4.43mg (1.11%), Vitamin B3: 0.2mg (1.02%)