



Green Olive and Walnut Crostini

READY IN



45 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet anchovy finely chopped
- ☐ 0.5 baguette toasted sliced
- ☐ 1 garlic clove minced
- ☐ 6 ounces goat cheese soft
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 ounces walnut pieces
- ☐ 0.5 cup picholine green pitted finely chopped

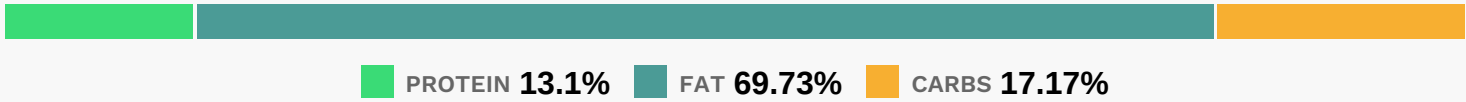
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the walnuts in a pie plate and bake for about 10 minutes, or until lightly browned.
- ☐ Let cool, then finely chop.
- ☐ In a medium bowl, mix the olives, walnuts, olive oil, anchovies and garlic.
- ☐ Spread each slice of toasted baguette with 2 teaspoons of the goat cheese and top with 1 tablespoon of the olive mixture. Arrange the crostini on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:2.65, Inflammation Score:-2, Nutrition Score:2.8747826076072%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 101.73kcal (5.09%), Fat: 8.06g (12.4%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.92g (1.43%), Sugar: 0.58g (0.64%), Cholesterol: 5.19mg (1.73%), Sodium: 153.89mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Manganese: 0.17mg (8.57%), Copper: 0.15mg (7.51%), Phosphorus: 48.22mg (4.82%), Vitamin B1: 0.07mg (4.44%), Vitamin B2: 0.07mg (4.27%), Vitamin E: 0.61mg (4.06%), Iron: 0.63mg (3.5%), Folate: 13.29µg (3.32%), Calcium: 29.85mg (2.99%), Selenium: 2.06µg (2.95%), Vitamin B6: 0.06mg (2.9%), Vitamin B3: 0.52mg (2.61%), Vitamin A: 127.37IU (2.55%), Magnesium: 10.05mg (2.51%), Fiber: 0.54g (2.18%), Vitamin K: 2.16µg (2.06%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.13mg (1.27%)