



Grilled Crostini With Olive Tapenade

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 12 ounce bread baguette french
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 10 servings garnish: green onion strips
- ☐ 0.3 cup green onions sliced
- ☐ 3 tablespoons olive oil
- ☐ 7 ounce olive tapenade

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0.3 teaspoon pepper

Equipment

☐

bowl

☐

whisk

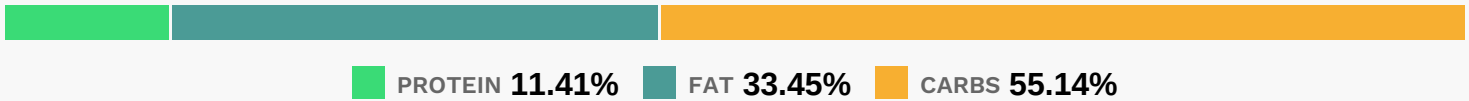
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grill

Directions

- ☐
- Slice bread into 24 (1/2-inch-thick) slices, discarding ends.
- ☐
- Whisk together olive oil and next 3 ingredients.
- ☐
- Brush evenly on one cut side of each bread slice.
- ☐
- Grill bread slices over medium heat (300 to 350 degrees F) for 3 to 5 minutes on each side.
- ☐
- Stir together olive tapenade and parsley; garnish, if desired.
- ☐
- Place green onion slices in a small bowl.
- ☐
- Serve tapenade and green onions with bread.
- ☐
- Note: For testing purposes only, we used Cantar Olive Tapnade, which can be found in the deli section of large supermarkets.

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:13.91, Inflammation Score:-3, Nutrition Score:6.0621738226517%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 134.51kcal (6.73%), Fat: 5.05g (7.76%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.71g (6.44%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 206.89mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin K: 27.01µg (25.72%), Vitamin B1: 0.25mg (16.48%), Selenium: 9.83µg (14.04%), Folate: 47.91µg (11.98%), Manganese: 0.21mg (10.3%), Vitamin B2: 0.15mg (8.99%), Iron: 1.53mg (8.48%), Vitamin B3: 1.69mg (8.46%), Vitamin E: 0.73mg (4.85%), Fiber: 1g (4.01%), Phosphorus: 39.94mg (3.99%), Magnesium: 13.14mg (3.28%), Copper: 0.06mg (3.07%), Vitamin C: 2.22mg (2.7%), Zinc: 0.4mg (2.64%), Calcium: 25.6mg (2.56%), Vitamin A: 118.74IU (2.37%), Vitamin B6: 0.05mg (2.29%), Potassium: 69.18mg (1.98%), Vitamin B5: 0.12mg (1.24%)