



Herb Tartines

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 4 slices multigrain baguette whole-wheat thin
- ☐ 0.5 bunch basil
- ☐ 1 small bunch chervil
- ☐ 1 garlic clove
- ☐ 2 tablespoons olive oil divided
- ☐ 2 ounces pecorino cheese
- ☐ 4 servings bell pepper
- ☐ 1 sprig tarragon

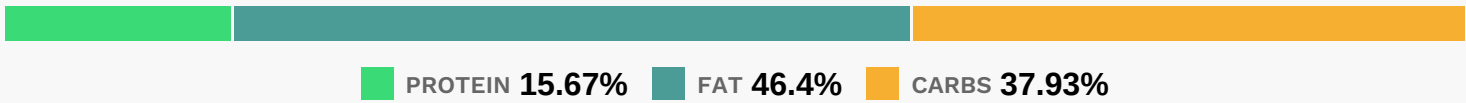
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ peeler

Directions

- ☐ Pick the leaves from the basil, chervil, and tarragon. Finely chop the basil and coarsely chop the chervil and tarragon. With a vegetable peeler, shave the cheese (or you can coarsely grate it). In a large bowl, toss the arugula, herbs, and cheese with 1 TBSP oil.
- ☐ In a small bowl, combine the garlic with the remaining TBSP oil. Rub the garlic on the bread.
- ☐ Heat a nonstick skillet over medium heat and add the bread in a single layer. Toast on both sides until lightly browned.
- ☐ Divide the herb mixture among the toasts and season with pepper.

Nutrition Facts



Properties

Glycemic Index:83.19, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:17.837826033001%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 229.05kcal (11.45%), Fat: 12.11g (18.62%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.58g (7.12%), Sugar: 4.95g (5.5%), Cholesterol: 14.74mg (4.91%), Sodium: 375.81mg (16.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Vitamin C: 98.52mg (119.42%), Vitamin A: 2819.54IU (56.39%), Calcium: 241.45mg (24.14%), Vitamin K: 24.2µg (23.05%), Folate: 86.75µg (21.69%), Manganese: 0.37mg (18.64%), Phosphorus: 174.97mg (17.5%), Vitamin B1: 0.25mg (16.45%), Vitamin E: 2.36mg (15.75%), Vitamin B6: 0.31mg (15.55%), Vitamin B2: 0.25mg (14.65%), Iron: 2.56mg (14.24%), Selenium: 8.38µg

(11.97%), Vitamin B3: 2.39mg (11.95%), Fiber: 2.69g (10.77%), Potassium: 361.89mg (10.34%), Magnesium: 32.93mg (8.23%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.47mg (4.67%), Copper: 0.08mg (4.08%), Vitamin B12: 0.16µg (2.65%)