



Mediterranean Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 loaf bread french cut into 1/4 inch slices
- 1 serving pam original flavor shopping list
- 1 serving water
- 1 cucumber diced peeled
- 0.5 cup kalamata olives chopped

Equipment

- bowl
- baking sheet

oven

Directions

Preheat the oven to 350°F.

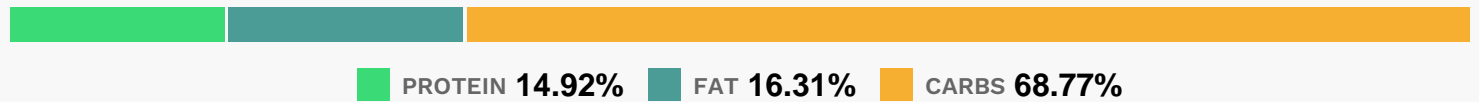
Arrange the slices of bread on a baking sheet (fit as many as you can!). Spray lightly with cooking oil. Slide into the oven and bake for 10 minutes. Repeat this process until all the bread has been cooked.

Spread each slice of bread with a little hummus and arrange on a platter.

Combine the cucumber and kalamata olives in a bowl. Spoon a little onto all of the bread slices, dividing evenly among them.

Serve.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:20.15, Inflammation Score:-3, Nutrition Score:7.3960869001306%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 158.64kcal (7.93%), Fat: 2.91g (4.47%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 25.74g (9.36%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 446.65mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.97%), Vitamin B1: 0.37mg (24.98%), Selenium: 14.5µg (20.72%), Folate: 69.91µg (17.48%), Manganese: 0.32mg (15.82%), Vitamin B2: 0.23mg (13.28%), Vitamin B3: 2.46mg (12.32%), Iron: 2.16mg (12.02%), Fiber: 1.85g (7.4%), Phosphorus: 66.87mg (6.69%), Copper: 0.13mg (6.56%), Magnesium: 23.91mg (5.98%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.11%), Calcium: 36.97mg (3.7%), Potassium: 121.02mg (3.46%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.26mg (2.64%), Vitamin C: 1.2mg (1.45%), Vitamin A: 61.21IU (1.22%)