






 **16%**
HEALTH SCORE

Minted Pea Puree Crostini

 Vegetarian

READY IN

15 min.

SERVINGS

6

CALORIES

261 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 1 crusty baguette french sliced
- 2 tablespoons mint leaves fresh chopped
- 2 tablespoons garlic infused olive oil plus more for toasting bread
- 6 servings kosher salt black
- 10 ounce peas frozen thawed
- 1 cup ricotta cheese

Equipment

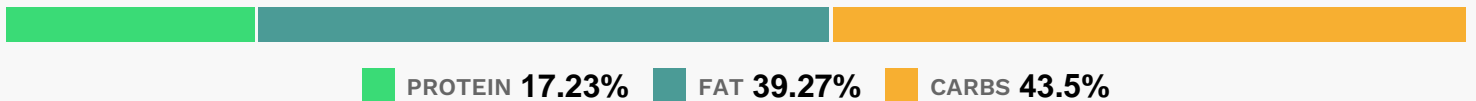
- food processor

- bowl
- baking sheet
- oven
- pot

Directions

- Preheat the oven to 400 degrees F.
- Bring a large pot of salted water to a boil over medium heat.
- Add the peas and cook until tender, about 3 minutes.
- Drain, put them into a food processor and pulse until chunky.
- Add the ricotta and pulse to combine. While the processor is running, pour in the oil in a slow steady stream.
- Transfer the puree to a serving bowl, then stir in the mint and season with salt and pepper, to taste.
- Arrange the bread on a lined baking sheet and drizzle with some garlic infused olive oil. Toast in the oven until light golden, about 5 to 7 minutes.
- Spread the pea puree over the toasts and serve.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:15.91, Inflammation Score:-6, Nutrition Score:12.054782641971%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

Nutrients (% of daily need)

Calories: 260.53kcal (13.03%), Fat: 11.37g (17.5%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 24.65g (8.96%), Sugar: 4.74g (5.27%), Cholesterol: 21.08mg (7.03%), Sodium: 488.98mg (21.26%), Alcohol: Og (100%), Protein: 11.23g (22.46%), Vitamin B1: 0.37mg (24.99%), Vitamin C: 19.43mg (23.55%), Folate:

82.16µg (20.54%), Manganese: 0.41mg (20.48%), Selenium: 14.01µg (20.02%), Vitamin B2: 0.28mg (16.54%), Phosphorus: 157.14mg (15.71%), Vitamin K: 16.23µg (15.46%), Fiber: 3.7g (14.81%), Vitamin B3: 2.95mg (14.75%), Calcium: 145.34mg (14.53%), Iron: 2.4mg (13.34%), Vitamin A: 616.19IU (12.32%), Zinc: 1.41mg (9.42%), Magnesium: 32.31mg (8.08%), Copper: 0.15mg (7.39%), Vitamin B6: 0.14mg (7.16%), Potassium: 219.92mg (6.28%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.14µg (2.34%)