



Mock Mascarpone Crostini

 Vegetarian

READY IN



27 min.

SERVINGS



4

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette thinly sliced
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 leaves basil chiffonade fresh
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil for brushing and drizzling
- ☐ 4 servings roasted peppers red peeled sliced
- ☐ 2 tablespoons vanilla greek yogurt
- ☐ 0.3 teaspoon vanilla extract

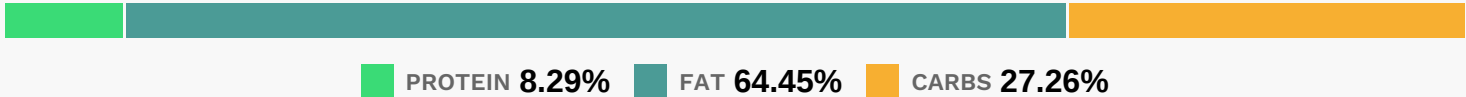
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Brush the bread slices lightly with olive oil and season with salt.
- ☐ Bake in the oven until golden, 3 to 4 minutes per side. Allow to cool.
- ☐ Spread the toasts with Mock Mascarpone Cheese and top with roasted red pepper slices, basil, olive oil and salt.
- ☐ In a small bowl, cream together the cream cheese, yogurt and vanilla extract with a mixer until well blended. Refrigerate if a firmer texture is desired. Use in recipes as an inexpensive alternative to mascarpone.;

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:21.47, Inflammation Score:-6, Nutrition Score:10.480434752029%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 489.59kcal (24.48%), Fat: 35.24g (54.22%), Saturated Fat: 13.73g (85.84%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 32.21g (11.71%), Sugar: 5.34g (5.93%), Cholesterol: 57.64mg (19.21%), Sodium: 774.77mg (33.69%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 10.2g (20.41%), Vitamin B1: 0.38mg (25.25%), Selenium: 16.37µg (23.39%), Vitamin B2: 0.35mg (20.75%), Folate: 72.75µg (18.19%), Vitamin E: 2.69mg (17.91%), Vitamin A: 773.56IU (15.47%), Manganese: 0.3mg (15.05%), Vitamin B3: 2.91mg (14.56%), Phosphorus: 130.53mg (13.05%), Calcium: 129.87mg (12.99%), Iron: 2.32mg (12.87%), Vitamin K: 12.01µg (11.44%), Vitamin B5: 0.58mg (5.85%), Magnesium: 22.4mg (5.6%), Zinc: 0.82mg (5.47%), Fiber: 1.33g (5.31%), Vitamin B6: 0.1mg (5.18%),

Potassium: 165.3mg (4.72%), Copper: 0.09mg (4.46%), Vitamin B12: 0.18µg (2.95%)