



Mozzarella and Roasted Red Pepper Booschetta

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil pesto prepared (see Cooks' notes)
- 10 servings pepper black freshly ground
- 1 large garlic clove halved
- 12 inch bread crumbs italian cut into 20 slices, 1/ (2 to 3 inches in diameter)
- 2 tablespoons mascarpone cheese softened
- 1.5 pound mozzarella cheese fresh salted
- 0.3 cup olive oil extra virgin extra-virgin

- 7 ounce roasted peppers red dry drained cut into thin strips
- 10 servings salt
- 7 large frangelico black (mediterranean-style canned pitted ends trimmed
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Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 400°F with rack in middle.
- Arrange bread slices on a baking sheet and bake until pale golden, 6 to 12 minutes. Rub tops of slices with cut sides of garlic, then brush each bread slice with oil. Season toasts with salt and pepper and transfer to a wire rack to let cool completely.
- Cut mozzarella crosswise into 1/4-inch-thick slices and trim, if necessary, to fit toasts.
- Stir together pesto and mascarpone in a small bowl. If necessary, thin mixture with a little olive oil or water.
- Dollop 1/2 teaspoon pesto mixture in center of each mozzarella-covered toast, then top each dollop with an olive slice to form the "irises" of the "eyeballs."
- Add 6 to 8 pepper slices for "veins," trimming to fit.
- Serve within 1 hour of making.
- Prepared pestos can vary in texture. Some homemade versions can be very dense, while some store-bought ones can be quite loose with excess oil. If purchasing pesto, look for one that is not loose. •Bread can be toasted 4 hours ahead and kept at room temperature. •Boo-schetta should be assembled no more than 1 hour ahead and kept at room temperature because the fresh mozzarella will begin to weep a little liquid and soften the toast.

Nutrition Facts



■ PROTEIN 21.26% ■ FAT 72.95% ■ CARBS 5.79%

Properties

Glycemic Index:8.9, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:8.40869562522222%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.24kcal (14.91%), Fat: 24.21g (37.24%), Saturated Fat: 11.32g (70.76%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.89g (1.42%), Sugar: 1.74g (1.94%), Cholesterol: 56.99mg (19%), Sodium: 933.25mg (40.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.75%), Calcium: 361.92mg (36.19%), Vitamin B12: 1.55µg (25.85%), Phosphorus: 246.57mg (24.66%), Selenium: 11.67µg (16.68%), Zinc: 2.03mg (13.56%), Vitamin A: 666.19IU (13.32%), Vitamin B2: 0.2mg (11.87%), Vitamin C: 9.32mg (11.3%), Vitamin E: 0.91mg (6.05%), Vitamin K: 4.98µg (4.75%), Magnesium: 16.56mg (4.14%), Manganese: 0.07mg (3.52%), Iron: 0.59mg (3.26%), Vitamin B6: 0.06mg (3.23%), Potassium: 89.92mg (2.57%), Folate: 9.88µg (2.47%), Vitamin B1: 0.03mg (2.02%), Vitamin D: 0.27µg (1.81%), Copper: 0.04mg (1.78%), Fiber: 0.42g (1.7%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.11mg (1.07%)