

Neapolitan Crostini

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 fillet anchovy
- 6 servings olive oil extra virgin
- 8 ounces mozzarella fresh
- 0.5 teaspoon oregano
- 6 servings salt and pepper freshly ground
- 2 tomatoes ripe

Equipment

- bowl

- frying pan
- oven
- roasting pan

Directions

- Cut the tomatoes in half through the core and squeeze gently to extract the seeds and juice. Trim away the core. Chop the tomatoes into half inch pieces and toss them in a bowl with the oregano, salt and pepper. Preheat the oven to 450°. Oil a large roasting pan. Arrange the bread slices on the pan. Toast the bread 5 minutes.
- Remove the pan from the oven, but leave it turned on.
- Place a slice of mozzarella on top of each piece of bread and then an anchovy. Spoon a little of the tomato on each.
- Drizzle with a few drops extra virgin olive oil. Return the pan to the oven and bake 5 to 7 minutes or until the cheese is melted.

Nutrition Facts

PROTEIN 16.1% **FAT 79.97%** **CARBS 3.93%**

Properties

Glycemic Index:11.67, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:7.2743477562199%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 255.46kcal (12.77%), Fat: 22.92g (35.27%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.47g (1.64%), Cholesterol: 34.66mg (11.55%), Sodium: 441.48mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.77%), Calcium: 209.67mg (20.97%), Vitamin E: 2.39mg (15.9%), Phosphorus: 157.82mg (15.78%), Vitamin B12: 0.91µg (15.19%), Selenium: 9.35µg (13.36%), Vitamin K: 13.58µg (12.93%), Vitamin A: 603.89IU (12.08%), Zinc: 1.32mg (8.77%), Vitamin B2: 0.14mg (8.01%), Vitamin B3: 1.41mg (7.06%), Vitamin C: 5.62mg (6.81%), Potassium: 158.82mg (4.54%), Magnesium: 15.8mg (3.95%), Iron:

0.68mg (3.77%), Manganese: 0.07mg (3.62%), Vitamin B6: 0.06mg (3%), Folate: 9.91µg (2.48%), Copper: 0.05mg (2.32%), Fiber: 0.56g (2.25%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.15µg (1.01%)