



Olive and Pistachio Bruschetta

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup arugula coarsely chopped
- 16 baguette with olive oil and grilled
- 0.8 cup olives green black pitted rinsed chopped (mix of and)
- 1 leaf flat parsley sprigs
- 2 tablespoons olive oil extra-virgin
- 8 servings bell pepper
- 0.3 cup roasted pistachios unsalted chopped

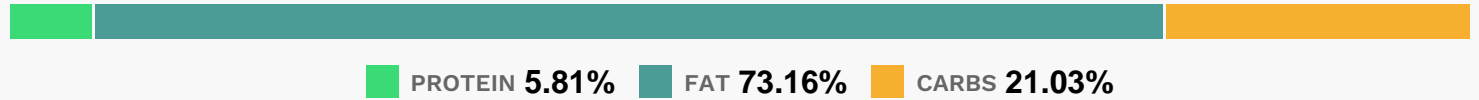
Equipment

bowl

Directions

- Combine olives, arugula, pistachios, and oil in a bowl and season to taste with pepper.
- Spread a heaping tbsp. of olive mixture on each baguette toast.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:11.18956524652%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 108.3kcal (5.42%), Fat: 9.41g (14.48%), Saturated Fat: 1.27g (7.97%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 3.69g (1.34%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 200.97mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Vitamin C: 95.93mg (116.28%), Vitamin A: 2438.48IU (48.77%), Vitamin E: 2.55mg (16.97%), Vitamin B6: 0.29mg (14.35%), Vitamin K: 10.55µg (10.05%), Fiber: 2.4g (9.61%), Folate: 38.01µg (9.5%), Manganese: 0.13mg (6.69%), Potassium: 207.27mg (5.92%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.07mg (4.21%), Vitamin B3: 0.81mg (4.07%), Copper: 0.08mg (3.95%), Phosphorus: 39.43mg (3.94%), Magnesium: 15.63mg (3.91%), Iron: 0.59mg (3.28%), Vitamin B5: 0.26mg (2.65%), Zinc: 0.28mg (1.89%), Calcium: 18.06mg (1.81%)