



Olive Crostini

READY IN



17 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olives black pitted
- ☐ 0.5 cup olives green with pimientos
- ☐ 2 medium cloves garlic
- ☐ 0.5 cup parmesan cheese fresh grated
- ☐ 4 Tbsp butter
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 baguette

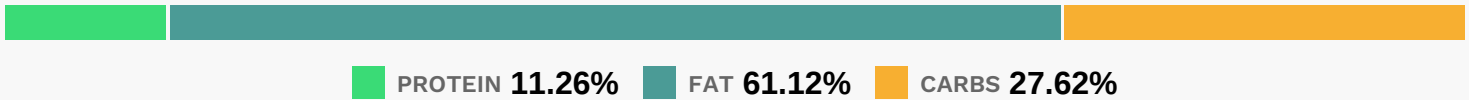
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ broiler

Directions

- ☐ Make olive mixture: Chop the olives in a food processor.
- ☐ Transfer to medium bowl. With machine running, drop garlic through the feed tube of the food processor and mince.
- ☐ Add Parmesan, butter, and olive oil, and process into a paste.
- ☐ Add butter mixture to bowl with olives. Fold in jack cheese and parsley.
- ☐ Cut baguette into thin slices and spread each slice generously with olive mixture.
- ☐ Broil: Cook under broiler until bubbly and lightly browned – about 2 minutes.
- ☐ Serve right out of oven. Helps to make olive mixture in advance and spread right before you put in the oven.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:2.5786956846714%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 5.53g (8.51%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.54g (0.6%), Cholesterol: 9mg (3%), Sodium: 218.34mg (9.49%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin K: 11.61µg (11.06%), Calcium: 51.74mg (5.17%), Vitamin B1: 0.06mg (4.26%), Selenium: 2.97µg (4.25%), Phosphorus: 35.09mg (3.51%), Vitamin A: 170.05IU (3.4%), Vitamin E: 0.49mg (3.26%), Folate: 12.89µg (3.22%), Vitamin B2: 0.05mg (3.05%), Manganese: 0.06mg (2.78%), Iron: 0.46mg (2.57%), Vitamin B3: 0.5mg (2.5%), Fiber: 0.43g (1.72%), Zinc: 0.26mg (1.71%), Magnesium: 5.11mg (1.28%), Copper: 0.02mg (1.13%), Vitamin C: 0.91mg (1.1%)