



Olive Rosemary Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



478 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons capers drained
- 1 small loaf top sliced
- 2 sprigs rosemary leaves fresh
- 2 cloves garlic
- 0.3 pound olive green pitted chopped
- 0.3 pound oil-cured olives black pitted chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 teaspoon pepper red crushed

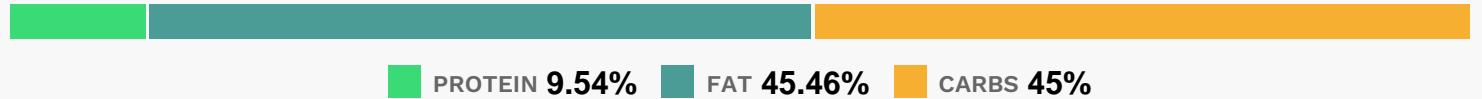
Equipment

- bowl
- frying pan
- broiler
- cutting board
- pastry brush

Directions

- Heat 2 cloves garlic in oil over low heat in a small skillet. Char bread slices under hot broiler to brown on both sides. Dab charred bread with garlic oil using a pastry brush.
- Place reserved oil in a small bowl with chopped olives.
- Place garlic cloves on a cutting board and pile together with capers, red pepper flakes and rosemary leaves. Finely chop garlic and herb mixture.
- Combine garlic-herb mixture with olives and oil in a small bowl. To assemble crostini, spread olive tapenade on toasts and enjoy!

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:40.15, Inflammation Score:-7, Nutrition Score:15.503478127977%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 477.94kcal (23.9%), Fat: 24.69g (37.99%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 50.61g (18.4%), Sugar: 4.98g (5.54%), Cholesterol: 0mg (0%), Sodium: 1657.28mg (72.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.31%), Vitamin B1: 0.73mg (48.44%), Selenium: 29.45µg

(42.07%), Folate: 126.25µg (31.56%), Vitamin E: 4.46mg (29.76%), Manganese: 0.56mg (27.92%), Vitamin B2: 0.44mg (26.08%), Vitamin B3: 5.03mg (25.17%), Iron: 4.44mg (24.64%), Fiber: 4.39g (17.55%), Copper: 0.25mg (12.48%), Phosphorus: 110.95mg (11.09%), Vitamin K: 11.39µg (10.84%), Magnesium: 41.01mg (10.25%), Calcium: 87.72mg (8.77%), Vitamin B6: 0.15mg (7.5%), Zinc: 1.11mg (7.4%), Vitamin A: 306.83IU (6.14%), Potassium: 154.57mg (4.42%), Vitamin B5: 0.36mg (3.6%)