



Olive Tomato Squares



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil pesto prepared
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted
- ☐ 0.3 cup sun-dried olives drained chopped
- ☐ 6 slices sandwich bread white firm

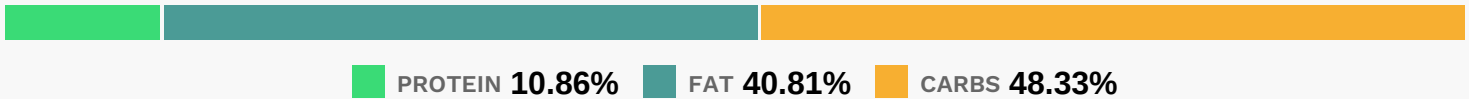
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Spread 2 teaspoons pesto evenly on each slice of bread, then quarter each slice.
- ☐ Toast bread squares on a baking sheet until undersides are golden, about 10 minutes.
- ☐ Soak olives and tomatoes in warm water to cover 5 minutes, then drain well and toss with parsley. Mound on toasts.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:1.3534782606622%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.61kcal (1.63%), Fat: 1.5g (2.31%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.61g (1.31%), Sugar: 0.86g (0.95%), Cholesterol: 0.21mg (0.07%), Sodium: 84.54mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 3.26µg (3.11%), Manganese: 0.06mg (2.92%), Vitamin B1: 0.04mg (2.55%), Selenium: 1.53µg (2.19%), Vitamin B3: 0.41mg (2.04%), Folate: 8.03µg (2.01%), Calcium: 19.81mg (1.98%), Iron: 0.35mg (1.94%), Vitamin A: 83.57IU (1.67%), Fiber: 0.39g (1.57%), Potassium: 48.33mg (1.38%), Copper: 0.03mg (1.33%), Vitamin B2: 0.02mg (1.23%), Phosphorus: 11.31mg (1.13%), Magnesium: 4.2mg (1.05%)