



Open-Faced Smoked Bell Pepper and Basil Sandwich with Goat Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounce diagonally bread french cut 1/
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 large garlic clove
- ☐ 2 ounces goat cheese
- ☐ 2.5 tablespoons half-and-half
- ☐ 2 cups hickory wood chips

- ☐ 4 medium bell peppers red
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Prepare grill.
- ☐ To prepare bell peppers, wrap wood chips in a double layer of foil; pierce foil packet several times.
- ☐ Add foil packet to grill rack; grill 10 minutes.
- ☐ Place bell peppers on a grill rack coated with cooking spray; cover and grill 15 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut into strips.
- ☐ Combine bell peppers, basil, 1/4 teaspoon salt, and black pepper.
- ☐ To prepare crostini, coat both sides of bread with cooking spray.
- ☐ Place on grill rack; grill 30 seconds on each side until lightly browned.
- ☐ Remove from grill; rub each bread slice with garlic clove.
- ☐ To prepare sauce, combine cheese, half-and-half, and 1/8 teaspoon salt in a small microwave-safe bowl; microwave at high 25 seconds; stir well with a whisk.
- ☐ Top each crostino with about 1/3 cup bell peppers; drizzle each with about 1 tablespoon sauce.

Nutrition Facts



 **PROTEIN 8.83%**  **FAT 42.68%**  **CARBS 48.49%**

Properties

Glycemic Index:77.21, Glycemic Load:32.46, Inflammation Score:-10, Nutrition Score:23.048695870068%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 467.09kcal (23.35%), Fat: 22.81g (35.09%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 49.81g (18.11%), Sugar: 6.83g (7.59%), Cholesterol: 9.8mg (3.27%), Sodium: 1031.17mg (44.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Vitamin C: 160.36mg (194.38%), Vitamin A: 3985.38IU (79.71%), Fiber: 8.52g (34.07%), Vitamin B6: 0.64mg (32.08%), Manganese: 0.61mg (30.54%), Folate: 118.68µg (29.67%), Vitamin B3: 5.27mg (26.37%), Vitamin B1: 0.37mg (24.53%), Potassium: 818.12mg (23.37%), Phosphorus: 199.17mg (19.92%), Iron: 3.53mg (19.61%), Vitamin B2: 0.33mg (19.6%), Selenium: 9.63µg (13.76%), Vitamin E: 2mg (13.35%), Vitamin B5: 1.24mg (12.44%), Magnesium: 49.22mg (12.3%), Vitamin K: 12.85µg (12.24%), Copper: 0.22mg (10.78%), Zinc: 1.17mg (7.82%), Calcium: 68.3mg (6.83%)