



## Pea and Ricotta Bruschetta

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.1 teaspoon pepper black freshly ground plus more for seasoning the peas
- 8 ounces bread crumbs italian
- 2.5 teaspoons mint leaves fresh coarsely chopped
- 1.5 cups peas fresh shelled (from)
- 1 medium garlic clove
- 0.3 teaspoon kosher salt plus more for seasoning the peas
- 1 tablespoon olive oil
- 4 medium radishes trimmed thinly sliced

- 0.7 cup ricotta cheese

## Equipment

- bowl
- baking sheet
- sauce pan
- potato masher
- grill
- grill pan

## Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the bread on the grill (reserve the baking sheet) and cook until grill marks appear and the bread is toasted and crisp, about 2 to 3 minutes per side. Return the grilled bread to the reserved baking sheet, seasoned-side up, and rub the seasoned sides with the garlic clove. Set aside while you prepare the topping. For the topping: Bring a medium saucepan of heavily salted water to a boil over high heat.
- Add the peas and cook until they're bright green and just cooked through, about 1 1/2 to 2 minutes for medium-sized peas and up to 4 minutes for larger peas.
- Drain well and place in a medium bowl.
- Add the olive oil and lightly mash the peas with a potato masher into a coarse paste.
- Add the mint and stir to combine. Taste and season with salt and pepper as needed; set aside.
- Place the ricotta in a small bowl, add the measured salt and pepper, and stir to combine. To serve, spread an equal amount of the ricotta over each slice of bread. Divide the pea mixture evenly over the ricotta and gently press it into the cheese. Top with the radishes and cut the bruschetta into pieces if desired.

## Nutrition Facts



■ PROTEIN 10.5% ■ FAT 56.03% ■ CARBS 33.47%

## Properties

Glycemic Index:16.53, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:4.2960869605127%

## Flavonoids

Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 186.1kcal (9.3%), Fat: 11.64g (17.91%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.57g (4.94%), Sugar: 8.32g (9.24%), Cholesterol: 8.43mg (2.81%), Sodium: 157.97mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 9.04mg (10.96%), Fiber: 2.07g (8.3%), Folate: 30.85µg (7.71%), Vitamin B3: 1.5mg (7.5%), Vitamin K: 6.49µg (6.18%), Vitamin B1: 0.09mg (6.17%), Phosphorus: 58.84mg (5.88%), Manganese: 0.1mg (5%), Iron: 0.88mg (4.9%), Vitamin B2: 0.08mg (4.85%), Vitamin A: 241.3IU (4.83%), Calcium: 40.83mg (4.08%), Selenium: 2.84µg (4.06%), Potassium: 125.08mg (3.57%), Zinc: 0.52mg (3.44%), Magnesium: 13.15mg (3.29%), Vitamin B6: 0.05mg (2.44%), Copper: 0.04mg (2.2%), Vitamin E: 0.25mg (1.66%)