



Pea Crostini

 **Gluten Free**

READY IN



45 min.

SERVINGS



30

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 accompaniment: crostini
- 8 ounces monterchat goat cheese
- 2 tablespoons olive oil extra-virgin
- 1.5 cups peas frozen thawed
- 30 servings salt and pepper to taste
- 30 servings garnish: watermelon sliced

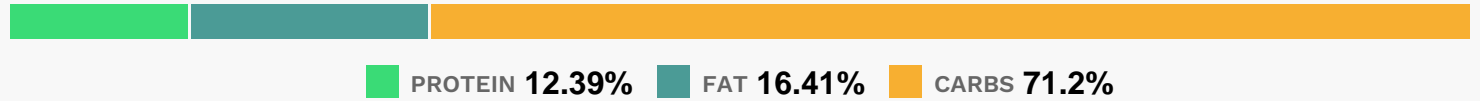
Equipment

- food processor

Directions

- Combine peas, olive oil, and salt and pepper in a food processor until coarsely pured.
- Spread goat cheese among 30 crostini. Top each with a spoonful of pea puree; garnish with sliced watermelon, radish, or beets.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:25.79, Inflammation Score:-8, Nutrition Score:10.476086945637%

Flavonoids

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg

Nutrients (% of daily need)

Calories: 200.96kcal (10.05%), Fat: 3.85g (5.92%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 35.37g (12.86%), Sugar: 19.34g (21.49%), Cholesterol: 3.48mg (1.16%), Sodium: 422.55mg (18.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin A: 1726.76IU (34.54%), Vitamin C: 25.58mg (31.01%), Vitamin B1: 0.3mg (20.21%), Manganese: 0.29mg (14.63%), Folate: 48.26µg (12.06%), Vitamin B2: 0.2mg (11.75%), Iron: 2.03mg (11.29%), Copper: 0.22mg (11.23%), Vitamin B3: 2.14mg (10.68%), Potassium: 372.98mg (10.66%), Magnesium: 39.93mg (9.98%), Selenium: 6.97µg (9.95%), Vitamin B6: 0.19mg (9.52%), Phosphorus: 88.38mg (8.84%), Fiber: 2.21g (8.82%), Vitamin B5: 0.8mg (7.99%), Calcium: 65.73mg (6.57%), Zinc: 0.69mg (4.62%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.39mg (2.6%)