

Pea & feta toasts

 Vegetarian

READY IN



15 min.

SERVINGS



5

CALORIES



495 kcal

Ingredients

- ☐ 300 g pea-mond dressing frozen at room temperature
- ☐ 3 tbsp yogurt low-fat
- ☐ 2 tbsp mint leaves chopped
- ☐ 0.5 lemon zest
- ☐ 15 slices crusty baguette lightly toasted thin
- ☐ 85 g feta cheese crumbled
- ☐ 5 servings olive oil

Equipment

- ☐ bowl

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 potato masher

Directions

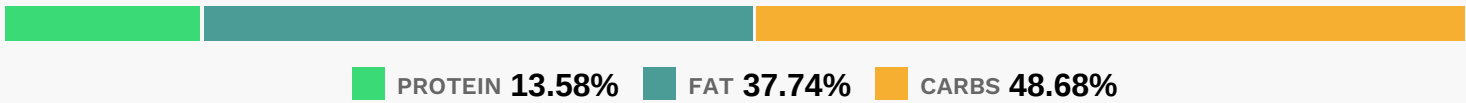
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 Put the defrosted peas, yogurt, chopped mint, lemon zest and juice and some seasoning in a bowl. Mash well with a potato masher. Divide the pea mixture between the toasts, then scatter a little feta on top of each with some more pepper. Arrange on a plate, scatter with more mint leaves and a drizzle of oil.

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 Serve.

Nutrition Facts



Properties

Glycemic Index:27.95, Glycemic Load:35.37, Inflammation Score:-6, Nutrition Score:19.189999997616%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 495.34kcal (24.77%), Fat: 20.79g (31.98%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 54.3g (19.74%), Sugar: 7.35g (8.17%), Cholesterol: 15.85mg (5.28%), Sodium: 798.39mg (34.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.83g (33.65%), Folate: 235.09µg (58.77%), Vitamin B1: 0.71mg (47.48%), Manganese: 0.74mg (37.16%), Vitamin B2: 0.51mg (30.15%), Selenium: 20.96µg (29.95%), Iron: 5.05mg (28.08%), Phosphorus: 259.91mg (25.99%), Vitamin B3: 4.85mg (24.25%), Fiber: 6.03g (24.12%), Calcium: 223.47mg (22.35%), Vitamin E: 2.5mg (16.65%), Magnesium: 62.63mg (15.66%), Copper: 0.29mg (14.33%), Zinc: 2.14mg (14.25%), Vitamin K: 12.66µg (12.06%), Vitamin B6: 0.24mg (11.98%), Potassium: 329.2mg (9.41%), Vitamin B5: 0.85mg (8.49%), Vitamin B12: 0.35µg (5.91%), Vitamin A: 114.35IU (2.29%), Vitamin C: 1.31mg (1.59%)