



Pea Pesto Crostini

READY IN



12 min.

SERVINGS



6

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 8 small cherry tomatoes diced halved
- ☐ 8 slices ciabatta bread (1/)
- ☐ 1 garlic clove
- ☐ 1 teaspoon kosher salt for seasoning
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 10 ounce peas frozen

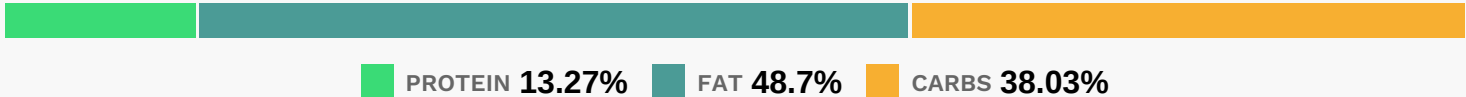
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ stove
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the pea pesto: Pulse together the peas, garlic, Parmesan, 1 teaspoon of salt and 1/4 teaspoon of pepper in a food processor. With the machine running, slowly add the olive oil until well combined, about 1 to 2 minutes. Season with additional salt and pepper, if needed.
- ☐ Transfer to a small bowl and set aside.
- ☐ For the crostini: Preheat a stovetop griddle or grill pan on medium-high heat.
- ☐ Brush both sides of the sliced bread with olive oil and grill until golden, about 1 to 2 minutes.
- ☐ Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice.
- ☐ Top with tomato halves and serve.
- ☐ *Cook's note: If you don't have day-old bread on hand, you can dry out fresh bread by putting the slices in a preheated 300 degree F oven until slightly crisp, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:8.2230434793493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 267.55kcal (13.38%), Fat: 14.63g (22.51%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 22.42g (8.15%), Sugar: 3.32g (3.68%), Cholesterol: 5.67mg (1.89%), Sodium: 709.21mg (30.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin C: 24.22mg (29.36%), Vitamin K: 19.86µg (18.92%), Fiber: 3.29g (13.18%), Vitamin E: 1.94mg (12.91%), Manganese: 0.24mg (11.96%), Phosphorus: 116.11mg (11.61%), Calcium: 114.61mg (11.46%), Vitamin A: 537.88IU (10.76%), Vitamin B1: 0.14mg (9.21%), Folate: 34.27µg (8.57%), Zinc: 0.85mg (5.7%), Vitamin B3: 1.14mg (5.68%), Vitamin B2: 0.1mg (5.63%), Vitamin B6: 0.11mg (5.59%), Iron: 1mg (5.58%), Magnesium: 21.58mg (5.39%), Copper: 0.11mg (5.29%), Potassium: 175.68mg (5.02%), Selenium: 2.91µg (4.16%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.12mg (1.2%)