



Pea Pesto Crostini

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more to taste
- ☐ 8 small cherry tomatoes diced halved
- ☐ 4 inch ciabatta bread (see Cook's Note)
- ☐ 1 garlic clove
- ☐ 0.7 cup olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 10 ounce peas frozen thawed
- ☐ 1 teaspoon salt plus more to taste

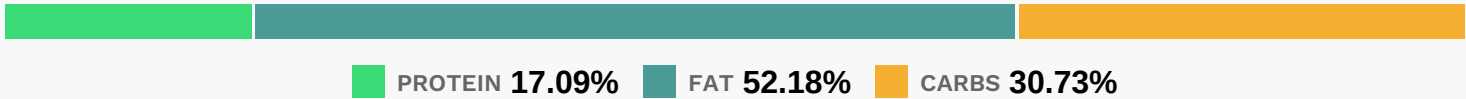
Equipment

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

Directions

- ☐ For the pea pesto: Pulse together in a food processor the peas, garlic, Parmesan cheese, salt, and pepper. With the machine running, slowly add 1/3 cup of the olive oil and continue to mix until well combined, 1 to 2 minutes. Season with more salt and pepper, if needed.
- ☐ Transfer to a small bowl and set aside.
- ☐ For the crostini: Preheat a stovetop griddle or grill pan over medium-high.
- ☐ Brush both sides of each of the bread slices with the remaining 1/3 cup olive oil and grill until golden, 1 to 2 minutes.
- ☐ Transfer the bread to a platter and spread 1 to 2 tablespoons pesto on each slice. Top each crostini with 2 tomato halves and serve.
- ☐ cook's note
- ☐ Day-old bread works best here because it stands up to the pea purée and isn't too soft in the center. If you don't have any on hand, you can dry out fresh bread by putting the slices in a 300°F oven until slightly crisp, about 5 minutes.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:1.88, Inflammation Score:-5, Nutrition Score:7.6556521200615%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 124.7kcal (6.23%), Fat: 7.36g (11.33%), Saturated Fat: 2g (12.5%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 6.86g (2.49%), Sugar: 3.25g (3.62%), Cholesterol: 7.25mg (2.42%), Sodium: 546.76mg (23.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Vitamin C: 24.22mg (29.36%), Vitamin K: 15.53µg (14.79%), Manganese: 0.24mg (12.23%), Fiber: 2.9g (11.61%), Phosphorus: 111.11mg (11.11%), Vitamin A: 544.88IU (10.9%), Vitamin B1: 0.14mg (9.15%), Calcium: 89.53mg (8.95%), Folate: 34.19µg (8.55%), Zinc: 0.99mg (6.57%), Vitamin E: 0.92mg (6.16%), Vitamin B2: 0.1mg (5.69%), Selenium: 3.96µg (5.65%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.55%), Copper: 0.11mg (5.32%), Potassium: 183.28mg (5.24%), Magnesium: 20.83mg (5.21%), Iron: 0.93mg (5.18%), Vitamin B12: 0.11µg (1.88%), Vitamin B5: 0.11mg (1.1%)