



 **38%**  
HEALTH SCORE

## Pear and Pesto Crostini

READY IN



45 min.

SERVINGS



3

CALORIES



456 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 loaf bread french
- 2 cups basil packed
- 2 cups basil packed
- 1 clove garlic
- 0.3 cup pinenuts
- 0.3 cup pecorino cheese
- 3 tablespoons olive oil
- 3 servings salt and pepper to taste
- 1 bosc pear

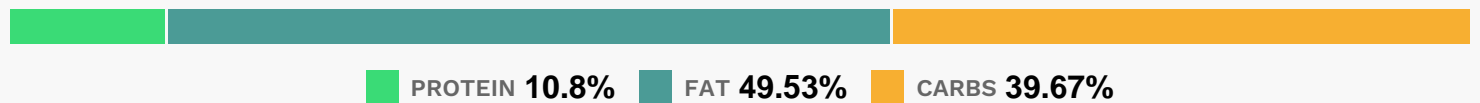
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 400 degrees. Slice French loaf into 1/2-inch-thick slices, and brush (or spray, if you have one of those nifty Misto things) with olive oil.
- Place slices on baking sheet and toast in oven for 10–15 minutes, or until edges are a deep golden brown.
- Remove from oven and set aside.
- While those are in the oven, make your pesto. In a food processor, combine basil leaves, garlic clove, pine nuts and Romano cheese. Pulse until pesto is coarse in texture, like coarse sand.
- Add in olive oil and process until fully incorporated. Taste.
- Add salt and pepper, if needed. Scrape pesto into a serving bowl or dish and set aside. (You should have about 3/4 cup.)
- Spread pesto over crostini and top with pear and fresh ground black pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:104.75, Glycemic Load:29.72, Inflammation Score:-8, Nutrition Score:24.083043478261%

## Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg  
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin:  
0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,  
Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Taste

Sweetness: 100%, Saltiness: 8.15%, Sourness: 26.31%, Bitterness: 18.25%, Savoriness: 7.58%, Fattiness: 86.52%,  
Spiciness: 0%

## Nutrients (% of daily need)

Calories: 455.73kcal (22.79%), Fat: 25.85g (39.76%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 46.57g  
(15.52%), Net Carbohydrates: 42.32g (15.39%), Sugar: 9.44g (10.48%), Cholesterol: 8.67mg (2.89%), Sodium:  
697.67mg (30.33%), Protein: 12.68g (25.35%), Vitamin K: 150.57µg (143.4%), Manganese: 1.75mg (87.71%), Vitamin  
B1: 0.54mg (35.82%), Vitamin A: 1740.77IU (34.82%), Selenium: 20.65µg (29.5%), Folate: 112.35µg (28.09%), Iron:  
4.51mg (25.06%), Vitamin E: 3.55mg (23.69%), Vitamin B2: 0.38mg (22.46%), Phosphorus: 224.59mg (22.46%),  
Copper: 0.43mg (21.37%), Vitamin B3: 4.1mg (20.52%), Magnesium: 77.88mg (19.47%), Calcium: 189.18mg (18.92%),  
Fiber: 4.26g (17.02%), Zinc: 1.96mg (13.1%), Vitamin C: 8.71mg (10.56%), Potassium: 319.75mg (9.14%), Vitamin B6:  
0.17mg (8.41%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.09µg (1.56%)