



Peas, Mint & Parmesan Crostini

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 drops balsamic vinegar
- ☐ 12 slices bread
- ☐ 1 cup peas fresh thawed
- ☐ 0.5 garlic clove
- ☐ 12 servings kosher salt
- ☐ 12 servings mint leaves
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 12 servings parmesan shaved

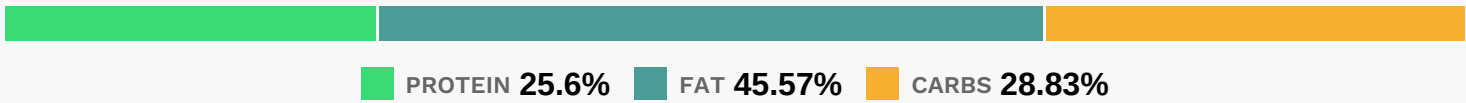
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Grill 12 slices bread and rub with garlic clove.
- ☐ Blanch peas in a large saucepan of boiling salted water until just tender, about 2 minutes for fresh peas and 1 minute for frozen.
- ☐ Drain peas; transfer to a bowl. Season with kosher salt and extra-virgin olive oil and mash with the back of a fork.
- ☐ Spread about 1 tablespoon mixture over each toast.
- ☐ Garnish with shaved Parmesan, torn mint, and a few drops of balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:7.91, Inflammation Score:-4, Nutrition Score:9.7213044062905%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 225.84kcal (11.29%), Fat: 11.41g (17.55%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 14.35g (5.22%), Sugar: 2.57g (2.85%), Cholesterol: 20.4mg (6.8%), Sodium: 807.87mg (35.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.85%), Calcium: 396.09mg (39.61%), Phosphorus: 258.34mg (25.83%), Selenium: 15.05µg (21.5%), Manganese: 0.4mg (20.2%), Vitamin B2: 0.19mg (11.11%), Vitamin B1: 0.16mg (10.67%), Vitamin B3: 1.92mg (9.58%), Folate: 34.9µg (8.72%), Zinc: 1.28mg (8.53%), Iron: 1.5mg (8.34%), Fiber: 1.89g (7.57%), Vitamin A: 369.79IU (7.4%), Magnesium: 29.53mg (7.38%), Vitamin C: 5.25mg (6.36%), Vitamin B12: 0.36µg (6%), Vitamin K: 6.29µg (5.99%), Vitamin B6: 0.08mg (4.08%), Vitamin B5: 0.38mg (3.82%), Copper:

0.08mg (3.81%), Vitamin E: 0.47mg (3.14%), Potassium: 103.1mg (2.95%)