



Perfect Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 large crusty baguette



1 teaspoon coarse salt



6 tablespoons olive oil

Equipment



baking sheet

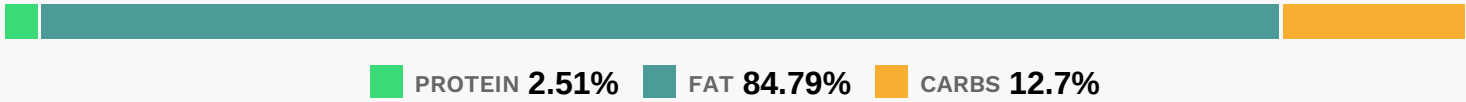


oven

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Drizzle 2 tablespoons of the olive oil onto a large baking sheet.
- ☐ Slice baguettes crosswise in 1/2-inch slices and lay slices in a single layer on baking sheet.
- ☐ Drizzle the remaining olive oil over slices.
- ☐ Sprinkle slices evenly with salt and bake until crispy and golden brown, approximately 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:1.4939130259597%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 10.7g (16.47%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 337.24mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin E: 1.53mg (10.23%), Vitamin K: 6.55µg (6.23%), Vitamin B1: 0.04mg (2.91%), Folate: 8.02µg (2.01%), Selenium: 1.29µg (1.84%), Manganese: 0.04mg (1.78%), Iron: 0.32mg (1.78%), Vitamin B3: 0.34mg (1.7%), Vitamin B2: 0.02mg (1.42%)