



 **100%**
HEALTH SCORE

Picnic Crostini with Roast Beef, Chimichurri, and Quail Egg

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2090 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 crusty baguette
- 1 serving accompaniment: crostini
- 3 tablespoons flat parsley finely chopped
- 1 clove garlic minced
- 0.5 tsp kosher salt
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tbsp olive oil extra virgin extra-virgin

- 3 tablespoons oregano finely chopped
- 0.3 tsp pepper
- 10 quail eggs
- 1 pinch pepper red hot
- 10 slices pan drippings from roast beef preferably sliced thin
- 0.5 teaspoon salt
- 1 small shallots minced
- 2 tablespoons sherry vinegar

Equipment

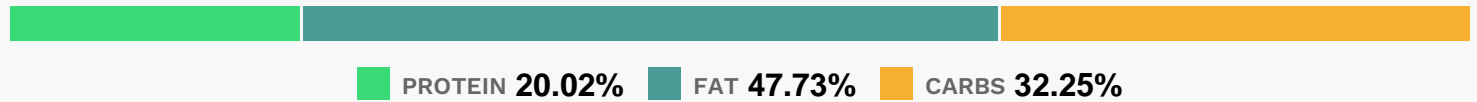
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wax paper

Directions

- Make crostini: Preheat oven to 37
- Slice baguette into ten 1/4-in.-thick slices on the diagonal (save leftover bread for another use).
- Brush both sides of each slice lightly with oil and sprinkle with salt and pepper.
- Set slices on a rimmed baking sheet and bake until golden brown and crisp, rotating pan halfway through cooking, about 15 minutes total.
- Let cool.
- Whisk together 1/4 cup oil, vinegar, shallot, garlic, salt, and red pepper flakes in a small bowl.
- Crack each quail egg into its own small bowl or cup (puncture the membrane beneath the shell with the tip of a knife).

- Heat a medium nonstick frying pan over low heat and brush with oil. Slide 5 eggs from bowls into pan, cover pan, and cook until the whites are set but the yolks are bright yellow, about 2 minutes.
- Transfer cooked eggs to a container lined with wax paper to bring to your picnic. Repeat with remaining 5 eggs.
- Stir parsley and oregano into shallot mixture just before serving. Set a folded slice of beef on each crostini, drizzle with some sauce, and top with an egg.

Nutrition Facts



Properties

Glycemic Index:272.5, Glycemic Load:105.31, Inflammation Score:-10, Nutrition Score:76.98000028859%

Flavonoids

Apigenin: 25.93mg, Apigenin: 25.93mg, Apigenin: 25.93mg, Apigenin: 25.93mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 2090.12kcal (104.51%), Fat: 111.16g (171.02%), Saturated Fat: 19.85g (124.06%), Carbohydrates: 168.98g (56.33%), Net Carbohydrates: 154.59g (56.22%), Sugar: 17.81g (19.79%), Cholesterol: 919.2mg (306.4%), Sodium: 8626.66mg (375.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.9g (209.81%), Vitamin K: 350.28µg (333.6%), Vitamin B3: 36.14mg (180.68%), Vitamin C: 145.39mg (176.23%), Iron: 27.29mg (151.63%), Selenium: 103.03µg (147.19%), Calcium: 1448.7mg (144.87%), Vitamin B1: 2.13mg (141.94%), Vitamin B2: 2.16mg (127.32%), Manganese: 2.52mg (126.02%), Folate: 483.35µg (120.84%), Vitamin E: 16.58mg (110.5%), Phosphorus: 1094.34mg (109.43%), Vitamin B12: 6.18µg (103.03%), Zinc: 14.6mg (97.36%), Vitamin B6: 1.88mg (93.8%), Fiber: 14.39g (57.56%), Magnesium: 206.9mg (51.73%), Potassium: 1664.76mg (47.56%), Copper: 0.79mg (39.4%), Vitamin B5: 3.9mg (38.96%), Vitamin A: 1788.39IU (35.77%), Vitamin D: 1.26µg (8.4%)