



Picnic Crostini with Roasted Pepper, Onion, and Anchovy

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 marinated anchovies white (boquerones)
- ☐ 1 baguette
- ☐ 2 tablespoons capers dry rinsed drained
- ☐ 1 serving accompaniment: crostini
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 0.5 tsp kosher salt
- ☐ 0.5 teaspoon brown sugar light packed

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 0.5 small onion thinly sliced
- ☐ 0.3 tsp pepper
- ☐ 1 bell pepper red peeled seeded thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 bell pepper yellow peeled seeded thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

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.
- ☐ Combine peppers, onion, capers, and salt in a medium bowl.
- ☐ Add vinegar, brown sugar, and oil and toss to coat. Marinate at room temperature for 2 hours or chill overnight.
- ☐ Stir in parsley just before serving or before packing your picnic basket. At the picnic site, spoon strained spoonfuls of the mixture onto crostini and top each with an anchovy.

Nutrition Facts



Properties

Glycemic Index:266.5, Glycemic Load:105.99, Inflammation Score:-10, Nutrition Score:59.156956009243%

Flavonoids

Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 21.4mg, Kaempferol: 21.4mg, Kaempferol: 21.4mg, Kaempferol: 21.4mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 36.25mg, Quercetin: 36.25mg, Quercetin: 36.25mg, Quercetin: 36.25mg

Nutrients (% of daily need)

Calories: 1458.88kcal (72.94%), Fat: 67.37g (103.64%), Saturated Fat: 10.13g (63.28%), Carbohydrates: 172.65g (57.55%), Net Carbohydrates: 160.99g (58.54%), Sugar: 23.29g (25.87%), Cholesterol: 24mg (8%), Sodium: 4767.84mg (207.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.37g (82.75%), Vitamin C: 384.75mg (466.37%), Vitamin K: 185.1µg (176.28%), Vitamin B1: 1.97mg (131.56%), Folate: 447.86µg (111.96%), Vitamin B3: 22.35mg (111.73%), Selenium: 69.51µg (99.31%), Manganese: 1.91mg (95.64%), Vitamin A: 4683.32IU (93.67%), Iron: 14.56mg (80.89%), Vitamin B2: 1.28mg (75.39%), Vitamin E: 11.3mg (75.31%), Vitamin B6: 0.99mg (49.26%), Fiber: 11.66g (46.65%), Phosphorus: 447.06mg (44.71%), Calcium: 443.08mg (44.31%), Copper: 0.71mg (35.48%), Magnesium: 141.68mg (35.42%), Potassium: 1169.8mg (33.42%), Zinc: 3.89mg (25.91%), Vitamin B5: 2.11mg (21.11%), Vitamin B12: 0.25µg (4.13%)