



Radish and Arugula Crostini with Brie

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby arugula
- 0.3 teaspoon pepper black freshly ground
- 6 ounces bread french cut ()
- 0.5 cup round of président brie
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil extra virgin extra-virgin
- 1.5 cups radishes sliced
- 0.1 teaspoon salt

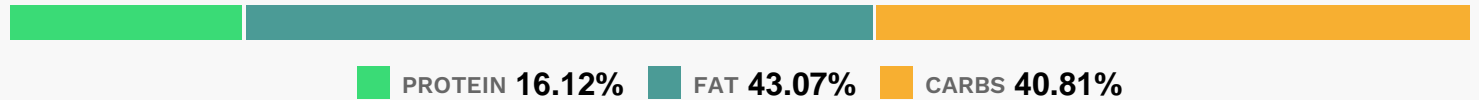
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 40
- Arrange bread slices on a baking sheet; coat with cooking spray.
- Bake at 400 for 5 minutes or until golden brown and toasted; cool.
- Combine radishes and next 4 ingredients (through salt) in a medium bowl, and toss to coat.
- Spread each bread slice with about 2 teaspoons cheese; top with a single layer of arugula and a layer of radish slices.

Nutrition Facts



Properties

Glycemic Index:11.35, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:2.5386956321157%

Flavonoids

Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 54.54kcal (2.73%), Fat: 2.63g (4.05%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.97g (1.81%), Sugar: 0.91g (1.01%), Cholesterol: 4.5mg (1.5%), Sodium: 101.71mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Manganese: 0.15mg (7.4%), Selenium: 3.79µg (5.41%), Folate: 17.3µg (4.32%), Vitamin K: 4.07µg (3.87%), Vitamin B2: 0.06mg (3.34%), Vitamin B1: 0.05mg (3.3%), Vitamin B3: 0.65mg (3.24%), Vitamin C: 2.37mg (2.87%), Calcium: 28.5mg (2.85%), Iron: 0.49mg (2.71%), Fiber: 0.65g (2.6%),

Phosphorus: 25.77mg (2.58%), Magnesium: 7.63mg (1.91%), Vitamin A: 87.17IU (1.74%), Zinc: 0.26mg (1.74%),
Potassium: 57.79mg (1.65%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.07µg (1.24%),
Copper: 0.02mg (1.23%), Vitamin E: 0.17mg (1.13%)