



Radish and Herbed Olive-Butter Crostini

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoon mint leaves fresh finely chopped
- ☐ 1 pinch freshly cracked pepper black
- ☐ 1 bunch radishes as needed thinly sliced
- ☐ 1 pinch sea salt good to taste
- ☐ 4 ounce butter unsalted room temperature (1 stick)

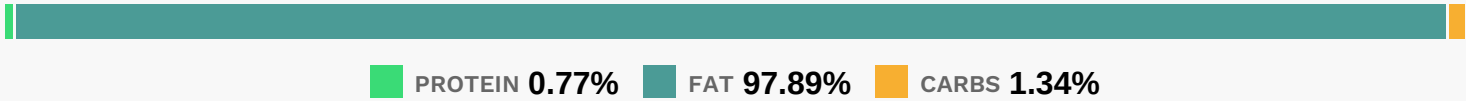
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl mix together olives, scallions, mint, and butter. Season with a pinch of pepper.
- ☐ Spread olive-butter onto each baguette slice. Thinly layer radish slices on top of each buttered baguette half. Season with plenty of good sea salt. Slice crosswise and serve.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.2734782469013%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 137.73kcal (6.89%), Fat: 15.36g (23.63%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.02g (0.02%), Cholesterol: 40.63mg (13.54%), Sodium: 10.35mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 578.59IU (11.57%), Vitamin E: 0.44mg (2.93%), Vitamin D: 0.28µg (1.89%), Manganese: 0.03mg (1.65%), Vitamin K: 1.36µg (1.29%), Calcium: 10.86mg (1.09%)