



## Radish Canapes with Black-Olive Butter

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 olives black pitted finely chopped
- 2 spring onion finely chopped
- 3 tablespoons mint leaves fresh finely chopped
- 4 ounces butter unsalted softened (1 stick)
- 1 serving pepper freshly ground
- 1 crusty baguette toasted thinly sliced
- 4 radishes red

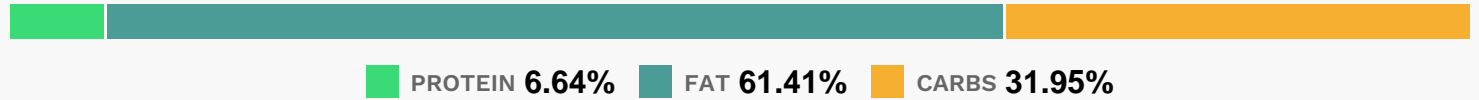
### Equipment

bowl

## Directions

- Mix olives, scallions, mint, and butter in a bowl. Season with pepper.
- Spread olive butter onto each baguette slice. Thinly slice radishes.
- Layer 2 or 3 slices on top of each canape.

## Nutrition Facts



## Properties

Glycemic Index:27.96, Glycemic Load:13.83, Inflammation Score:-5, Nutrition Score:6.5543478442275%

## Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg 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: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 262.39kcal (13.12%), Fat: 18.13g (27.9%), Saturated Fat: 10.16g (63.5%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 19.65g (7.15%), Sugar: 2.17g (2.41%), Cholesterol: 40.63mg (13.54%), Sodium: 428.44mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin B1: 0.25mg (16.68%), Vitamin A: 660.58IU (13.21%), Folate: 51.55µg (12.89%), Manganese: 0.23mg (11.69%), Selenium: 7.49µg (10.7%), Vitamin K: 11.06µg (10.54%), Vitamin B3: 2mg (9.98%), Iron: 1.69mg (9.39%), Vitamin B2: 0.15mg (8.93%), Vitamin E: 0.99mg (6.59%), Calcium: 63.53mg (6.35%), Fiber: 1.58g (6.31%), Phosphorus: 48.41mg (4.84%), Copper: 0.08mg (3.97%), Magnesium: 15.48mg (3.87%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.4mg (2.68%), Potassium: 92.38mg (2.64%), Vitamin C: 1.94mg (2.35%), Vitamin B5: 0.2mg (1.97%), Vitamin D: 0.28µg (1.89%)