



## Ricotta toasts with rocket & pine nut salsa

READY IN



15 min.

SERVINGS



2

CALORIES



590 kcal

### Ingredients

- ☐ 3 anchovy drained roughly chopped canned
- ☐ 0.5 garlic clove roughly chopped
- ☐ 50 g arugula wild
- ☐ 20 g basil
- ☐ 1 tbsp capers in brine drained
- ☐ 1 juice of lemon
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tbsp pinenuts toasted
- ☐ 200.5 g ricotta cheese
- ☐ 2 servings sourdough bread

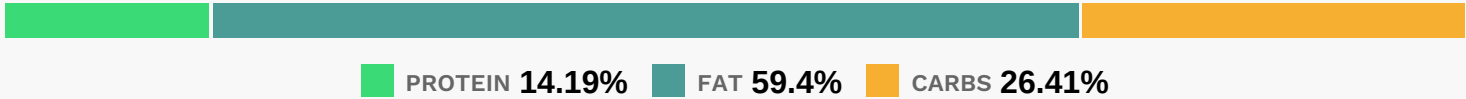
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ mixing bowl
- ☐ grill

## Directions

- ☐ Put the anchovies, garlic, rocket, basil leaves, capers, lemon zest, juice and olive oil into a food processor and pulse until you have a slightly chunky, bright green sauce. Stir most of the pine nuts through the sauce, spoon into a serving bowl and scatter the remaining pine nuts over the top.
- ☐ Put the ricotta into a mixing bowl, season, then whisk until it becomes billowy and soft. Spoon into a serving bowl, drizzle over a little olive oil and add a grind or two of black pepper.
- ☐ When youre ready to eat, heat the grill to high.
- ☐ Cut thin slices of bread, each big enough for a couple of bites.
- ☐ Spread evenly over a baking sheet and grill for 2 mins on each side until golden and crisp.
- ☐ Drizzle a little oil over each piece of toast, sprinkle with a little flaky sea salt, then serve with the ricotta and salsa.

## Nutrition Facts



## Properties

Glycemic Index:119.75, Glycemic Load:26.74, Inflammation Score:-9, Nutrition Score:23.862608531247%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 589.62kcal (29.48%), Fat: 39.58g (60.89%), Saturated Fat: 11.92g (74.48%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 37.24g (13.54%), Sugar: 4.35g (4.84%), Cholesterol: 54.73mg (18.24%), Sodium: 602.74mg (26.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.54%), Vitamin K: 86.71µg (82.59%), Selenium: 35.34µg (50.49%), Manganese: 1mg (49.92%), Vitamin B1: 0.51mg (33.95%), Folate: 128.05µg (32.01%), Vitamin A: 1578.21IU (31.56%), Vitamin B2: 0.53mg (31.39%), Calcium: 312.3mg (31.23%), Phosphorus: 286.16mg (28.62%), Vitamin E: 4.02mg (26.79%), Iron: 4.25mg (23.62%), Vitamin B3: 4.46mg (22.32%), Magnesium: 67.17mg (16.79%), Zinc: 2.48mg (16.55%), Vitamin C: 11.81mg (14.32%), Copper: 0.28mg (13.76%), Potassium: 375.11mg (10.72%), Fiber: 2.35g (9.41%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.2µg (1.34%)