



Roast Beef and Arugula Crostini with Olive-Red Pepper Relish

READY IN



45 min.

SERVINGS



16

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce baby arugula
- ☐ 16.3 inch thick diagonal baguette toasted
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 5 ounces goat cheese fresh
- ☐ 3 tablespoons slivered olives black pitted (such as Kalamata)
- ☐ 1 teaspoon red wine vinegar
- ☐ 16 slices rare roast beef very thin
- ☐ 3 tablespoons roasted peppers from jar red drained chopped

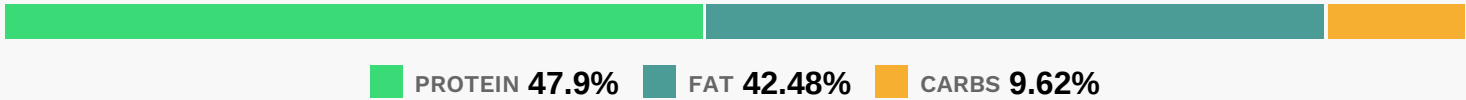
Equipment

☐ bowl

Directions

- ☐ Mix red peppers, olives, thyme, and vinegar in small bowl for relish. (Can be made 1 day ahead. Cover and refrigerate.) Reserve 2 tablespoons goat cheese for garnish.
- ☐ Spread remaining goat cheese on toasted baguette slices. Divide arugula among toasts. Fold roast beef slices to fit toasts; place atop arugula.
- ☐ Sprinkle beef slices lightly with salt and pepper. Top each with 1/3 teaspoon reserved goat cheese and small dollop of relish. Arrange crostini on platter and serve.

Nutrition Facts



Properties

Glycemic Index:6.48, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:4.7991304106039%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 67.1kcal (3.36%), Fat: 3.17g (4.88%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.42g (0.51%), Sugar: 0.25g (0.27%), Cholesterol: 20.04mg (6.68%), Sodium: 531.86mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Vitamin C: 14.2mg (17.22%), Vitamin B3: 2.26mg (11.32%), Calcium: 100.05mg (10.01%), Vitamin B12: 0.49µg (8.21%), Phosphorus: 80.92mg (8.09%), Zinc: 1.13mg (7.55%), Vitamin B6: 0.14mg (7.2%), Iron: 1.02mg (5.66%), Copper: 0.1mg (4.76%), Vitamin B2: 0.08mg (4.66%), Selenium: 2.6µg (3.71%), Vitamin K: 3.8µg (3.62%), Vitamin A: 157.44IU (3.15%), Potassium: 96mg (2.74%), Vitamin B1: 0.04mg (2.41%), Magnesium: 9.49mg (2.37%), Folate: 8.84µg (2.21%), Manganese: 0.04mg (2.19%), Vitamin B5: 0.16mg (1.63%)