



Roasted Bell Pepper, Olive, and Caper Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.1 teaspoon pepper black freshly ground



12 inch diagonally bread baguette french toasted cut



3 tablespoons capers chopped



0.1 teaspoon pepper red crushed



4 teaspoons olive oil extravirgin



2 tablespoons flat-leaf parsley fresh chopped



1 garlic clove minced



0.3 cup kalamata olives pitted chopped

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 bell peppers red
- ☐ 0.1 teaspoon salt
- ☐ 2 bell peppers yellow

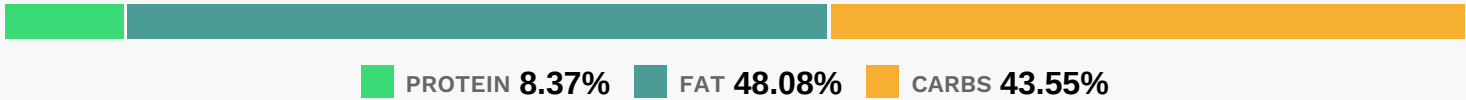
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel and chop.
- ☐ Combine bell peppers, olives, and next 8 ingredients (through garlic) in a medium bowl.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:6.4030434515165%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 34.79kcal (1.74%), Fat: 2.01g (3.09%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 137.48mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 63.32mg (76.75%), Vitamin A: 737.06IU (14.74%), Vitamin K: 13.42µg (12.78%), Vitamin B6: 0.1mg (5%), Folate: 18.26µg (4.57%), Vitamin E: 0.65mg (4.33%), Manganese: 0.09mg (4.29%), Fiber: 0.9g (3.59%), Potassium: 96.14mg (2.75%), Vitamin B3: 0.55mg (2.73%), Iron: 0.38mg (2.08%), Copper: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.94%), Vitamin B2: 0.03mg (1.91%), Magnesium: 7.31mg (1.83%), Phosphorus: 14.47mg (1.45%), Selenium: 0.9µg (1.29%), Vitamin B5: 0.12mg (1.24%), Calcium: 10.64mg (1.06%)