



## Roasted Pepper and Beef Crostini

READY IN



19 min.

SERVINGS



48

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 inch diagonally bread baguette french cut
- 6.5 ounce garlic-and-herbs spreadable cheese light (such as Alouette )
- 1 tablespoon olive oil extravirgin
- 0.5 cup basil fresh finely chopped
- 0.5 pound deli roast beef shaved
- 7 ounce roasted bell peppers red drained chopped ( )
- 0.3 teaspoon salt

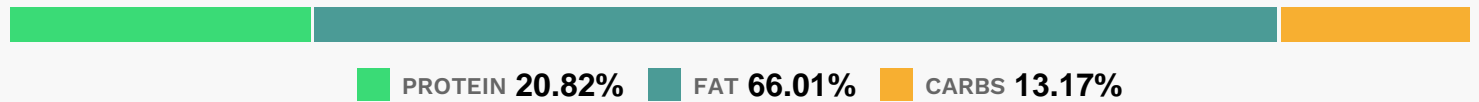
## Equipment

- bowl
- baking sheet
- broiler

## Directions

- Preheat broiler.
- Combine first 5 ingredients in a bowl; stir well.
- Coat both sides of bread slices with cooking spray.
- Place half of bread slices in a single layer on a large baking sheet. Broil 1 1/2 minutes on each side or until lightly toasted. Repeat procedure with remaining bread.
- Spread 1 teaspoon cheese over 1 side of each slice of bread. Divide beef evenly among bread slices; top each with 1 teaspoon bell pepper mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:3.35, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.95782609478287%

## Nutrients (% of daily need)

Calories: 24.17kcal (1.21%), Fat: 1.84g (2.82%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.04g (0.04%), Cholesterol: 6.87mg (2.29%), Sodium: 163.71mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 4.09mg (4.96%), Vitamin B3: 0.41mg (2.06%), Calcium: 16.22mg (1.62%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.08µg (1.34%), Zinc: 0.19mg (1.25%), Vitamin K: 1.26µg (1.2%), Phosphorus: 10.92mg (1.09%)