



Roasted Pepper and Celery Leaf Crostini



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery leaves chopped
- ☐ 6 slices top
- ☐ 1 garlic clove halved
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 teaspoons olive oil extra virgin extra-virgin for drizzling the bread
- ☐ 2 medium bell pepper red seeded cut into 1/4-inch strips
- ☐ 0.5 teaspoon paprika smoked sweet

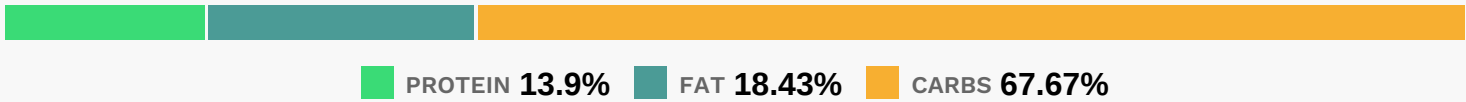
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 375°F. In a bowl, toss the peppers with the olive oil, salt, and paprika.
- ☐ Spread on a large baking sheet and roast, stirring occasionally, until the peppers are very tender and jammy, 25 to 30 minutes.
- ☐ Let cool completely; toss the peppers with the celery leaves.
- ☐ Preheat the broiler.
- ☐ Spread the bread slices out in an even layer on a baking pan and toast them until golden, 1 to 2 minutes. Immediately rub each slice with garlic and drizzle with oil.
- ☐ To serve, mound the peppers on top of the bread slices.
- ☐ Garnish each crostini with either a single anchovy fillet or capers, if desired (about 1/2 teaspoon per crostini).

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:26.2, Inflammation Score:-8, Nutrition Score:13.830869508826%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 210.56kcal (10.53%), Fat: 4.38g (6.73%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 33.69g (12.25%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 588.79mg (25.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin C: 51.24mg (62.1%), Vitamin B1: 0.48mg (31.96%), Vitamin A: 1368.36IU (27.37%), Selenium: 18.47µg (26.38%), Folate: 100.61µg (25.15%), Manganese: 0.4mg (20.07%), Vitamin B2: 0.32mg (18.54%), Vitamin B3: 3.52mg (17.62%), Iron: 2.75mg (15.29%), Vitamin B6: 0.2mg (10.05%), Fiber: 2.47g (9.87%), Vitamin E: 1.22mg (8.14%), Phosphorus: 81.17mg (8.12%), Magnesium: 26.75mg (6.69%), Vitamin K: 7.03µg (6.69%), Copper: 0.11mg (5.52%), Potassium: 190.08mg (5.43%), Zinc: 0.79mg (5.27%), Calcium: 41.43mg (4.14%), Vitamin B5: 0.37mg (3.71%)