



Roasted Pepper, Parmesan and Olive Crostini

READY IN



40 min.

SERVINGS



15

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 crusty baguette cut into 24 1/4-inch-thick slices
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup olive green pitted chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 2 bell pepper red yellow halved seeded

Equipment

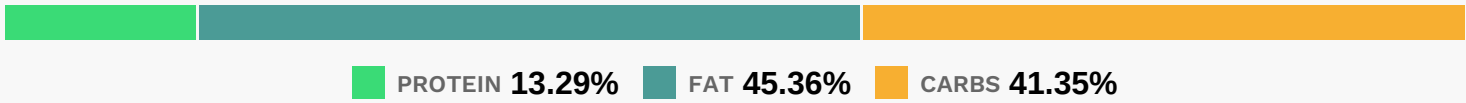
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 375F.
- ☐ Brush both sides of bread slices with oil and arrange on a large baking sheet.
- ☐ Bake until lightly browned and crisp, about 15 minutes, turning over halfway through.
- ☐ Let cool completely.
- ☐ Preheat broiler to high; line a baking sheet with foil.
- ☐ Place peppers, skin side up, on baking sheet and broil until blackened, 10 to 12 minutes.
- ☐ Transfer to a paper bag, seal bag and allow peppers to steam for 10 minutes. Hold peppers under cold running water to remove skin. Pat dry with paper towels and chop.
- ☐ Mix peppers, Parmesan, olives and parsley in a bowl.
- ☐ Spread each crostini with 1 Tbsp. of pepper mixture.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:5.73, Inflammation Score:-5, Nutrition Score:5.2226087081691%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 90.1kcal (4.51%), Fat: 4.61g (7.09%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.46g (3.08%), Sugar: 1.53g (1.7%), Cholesterol: 2.27mg (0.76%), Sodium: 297.77mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 21.02mg (25.48%), Vitamin A: 603.12IU (12.06%), Vitamin K: 11.33µg (10.79%), Vitamin B1: 0.11mg (7.28%), Folate: 26.45µg (6.61%), Calcium: 63.51mg (6.35%), Vitamin E: 0.92mg (6.15%), Selenium: 3.71µg (5.31%), Manganese: 0.1mg (4.83%), Vitamin B3: 0.95mg (4.75%), Vitamin B2: 0.08mg (4.66%), Phosphorus: 43.76mg (4.38%), Iron: 0.76mg (4.21%), Fiber: 1g (3.99%), Vitamin B6: 0.07mg (3.49%), Magnesium: 8.96mg (2.24%), Potassium: 63.97mg (1.83%), Zinc: 0.27mg (1.82%), Copper: 0.04mg (1.78%), Vitamin B5: 0.13mg (1.33%)