



## Roasted Red Pepper And Ripe Olive Crostini

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 slices crusty baguette french cut (1/)
- 1 tablespoon basil dried divided
- 1 ounce feta cheese with basil and tomato crumbled
- 0.5 clove garlic minced
- 4.3 ounce olives ripe drained chopped canned
- 1.5 tablespoons red wine vinegar
- 15 ounce roasted peppers red drained finely chopped

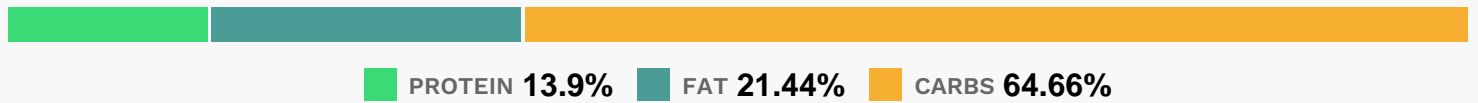
### Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Place bread slices on a baking sheet; coat with cooking spray, and sprinkle evenly with 1 1/2 teaspoons basil.
- Bake at 350 for 15 minutes or until golden and crispy.
- Remove bread slices from baking sheet to a wire rack; let cool completely.
- Combine olives, remaining basil, vinegar, and garlic in a small bowl; gently stir in cheese and peppers.
- Let stand 15 minutes.
- Spoon 2 tablespoons olive mixture onto each bread slice.

## Nutrition Facts



## Properties

Glycemic Index:8.05, Glycemic Load:10.59, Inflammation Score:-3, Nutrition Score:5.6326086645865%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 104.27kcal (5.21%), Fat: 2.5g (3.84%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 15.6g (5.67%), Sugar: 1.55g (1.72%), Cholesterol: 1.58mg (0.53%), Sodium: 699.6mg (30.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin C: 12.4mg (15.03%), Vitamin B1: 0.2mg (13.17%), Manganese: 0.22mg (10.91%), Folate: 40.06µg (10.02%), Iron: 1.6mg (8.87%), Selenium: 5.94µg (8.48%), Vitamin B3: 1.65mg (8.24%), Vitamin B2: 0.13mg (7.6%), Calcium: 63mg (6.3%), Fiber: 1.34g (5.34%), Vitamin K: 5.39µg (5.13%), Vitamin B6: 0.09mg (4.75%), Copper: 0.09mg (4.43%), Phosphorus: 42.93mg (4.29%), Magnesium: 14.27mg (3.57%), Vitamin A: 177.14IU (3.54%), Vitamin E: 0.41mg (2.73%), Potassium: 90.24mg (2.58%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.15mg (1.53%)