



Roasted Red Pepper-Feta Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.8 ounce cannellini beans rinsed drained canned
- ☐ 4 ounce feta cheese divided crumbled
- ☐ 1 baguette french
- ☐ 1 garlic bulb
- ☐ 5 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon red wine vinegar
- ☐ 16 ounce roasted bell peppers red drained

☐ 0.5 teaspoon salt

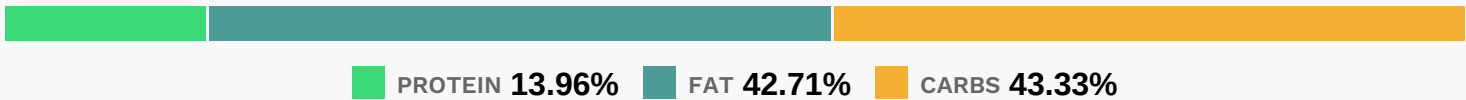
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of garlic bulb; place garlic on a piece of aluminum foil, and drizzle with 1 tablespoon oil. Fold foil to seal.
- ☐ Bake at 425 for 30 minutes; cool. Squeeze pulp from garlic.
- ☐ Process garlic pulp, 2 tablespoons oil, beans, and next 4 ingredients in a food processor until smooth.
- ☐ Add half of cheese, and pulse 5 to 6 times or until combined.
- ☐ Cut bread, at a diagonal, into 24 (1/4-inch) slices. Arrange on a baking sheet; brush evenly with remaining 2 tablespoons oil.
- ☐ Spread 2 tablespoons bean mixture on 1 side of each bread slice, and sprinkle with remaining feta cheese.
- ☐ Bake at 350 for 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:7.01, Inflammation Score:-4, Nutrition Score:8.343913036844%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 180.74kcal (9.04%), Fat: 8.7g (13.38%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 17.1g (6.22%), Sugar: 0.98g (1.09%), Cholesterol: 8.41mg (2.8%), Sodium: 852.62mg (37.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin C: 18.15mg (22%), Manganese: 0.33mg (16.39%), Folate: 61.62µg (15.4%), Vitamin B1: 0.2mg (13.28%), Phosphorus: 110.58mg (11.06%), Fiber: 2.75g (10.99%), Vitamin B2: 0.18mg (10.63%), Calcium: 104.76mg (10.48%), Iron: 1.72mg (9.56%), Selenium: 6.68µg (9.55%), Vitamin B6: 0.17mg (8.6%), Magnesium: 30.66mg (7.67%), Vitamin B3: 1.42mg (7.11%), Copper: 0.14mg (6.96%), Potassium: 220.57mg (6.3%), Vitamin E: 0.92mg (6.12%), Zinc: 0.75mg (5.01%), Vitamin A: 236.91IU (4.74%), Vitamin K: 4.45µg (4.24%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.16µg (2.66%)