



## Sea Urchin Bruschetta

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

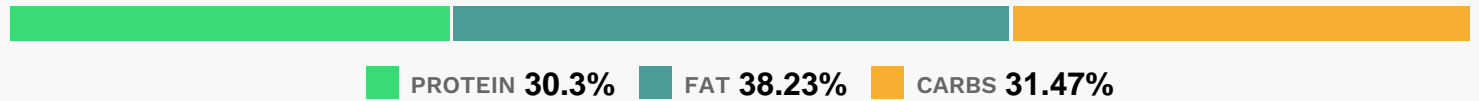
- 0.5 loaf bread french lightly toasted cut into 1/ slices and
- 1 teaspoon cilantro leaves fresh minced
- 1 lemon zest grated juiced
- 3 tablespoons olive oil extra-virgin
- 6 servings salt and pepper black freshly ground
- 3 tablespoons scallions white minced
- 1 pound sea urchin roe (only the tan or orange roe of the sea urchin is usable; your fishmonger should be able to sell you only what you need)

# Equipment

## Directions

- Combine sea urchin, scallions, cilantro, olive oil, lemon zest and juice, and salt and pepper and spoon onto toasted bread slices.
- Serve immediately to avoid having the urchin break down from the citric acid. (In other words, you should prepare no sooner than 30 minutes before serving.)

## Nutrition Facts



## Properties

Glycemic Index:29.42, Glycemic Load:13.39, Inflammation Score:-4, Nutrition Score:11.986956658571%

## 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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 227.56kcal (11.38%), Fat: 9.58g (14.74%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 16.8g (6.11%), Sugar: 1.65g (1.84%), Cholesterol: 60.48mg (20.16%), Sodium: 253.54mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.17%), Selenium: 37.16µg (53.08%), Vitamin B12: 2.89µg (48.13%), Vitamin B1: 0.31mg (20.98%), Phosphorus: 186.08mg (18.61%), Vitamin B3: 3.22mg (16.08%), Vitamin B6: 0.27mg (13.32%), Folate: 49.88µg (12.47%), Iron: 2.04mg (11.33%), Magnesium: 41.83mg (10.46%), Vitamin K: 10.87µg (10.35%), Manganese: 0.2mg (10.18%), Vitamin B2: 0.17mg (9.91%), Vitamin E: 1.1mg (7.32%), Potassium: 243.9mg (6.97%), Vitamin B5: 0.69mg (6.85%), Zinc: 0.66mg (4.43%), Copper: 0.08mg (3.94%), Fiber: 0.94g (3.77%), Calcium: 32.7mg (3.27%), Vitamin C: 1.86mg (2.25%), Vitamin A: 100.12IU (2%)