



Sicilian Tuna and White Bean Bruschetta

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.3 cup dijon mustard
- ☐ 1 small garlic clove minced
- ☐ 6 servings kosher salt and pepper black freshly ground to taste
- ☐ 1 tablespoon mint leaves sliced
- ☐ 2 tablespoons mint leaves sliced
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 cup onion red thinly sliced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 6 slices rustic bread italian
- ☐ 7 ounce tuna italian packed in oil (such as genova), drained canned

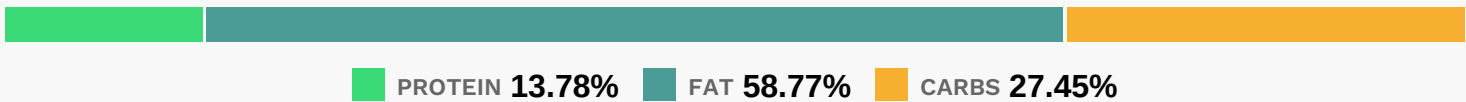
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toaster

Directions

- ☐ In a small bowl, combine 1/4 cup olive oil, red wine vinegar, Dijon mustard, and minced garlic; stir well with a whisk.
- ☐ Add 1/4 cup thinly sliced red onion; toss and let stand 5 minutes. Season with kosher salt and freshly ground black pepper, to taste. In a large bowl, combine vinaigrette and cannellini beans. Pure 1/3 of the mixture in a mini-food processor until smooth. Fold mixture back into beans; add tuna and 1/4 cup olive oil. Stir in 2 tablespoons sliced mint.
- ☐ Mix until tuna is no longer chunky. Toast Italian bread in a toaster or oven until golden and crispy; cut in half. Arrange bread on a platter. Spoon about 2 tablespoons tuna-and-bean mixture onto each slice.
- ☐ Garnish with 1/4 cup thinly sliced red onion and 1 tablespoon sliced mint.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.83, Inflammation Score:-5, Nutrition Score:12.482608665591%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 393.74kcal (19.69%), Fat: 25.96g (39.94%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 22.38g (8.14%), Sugar: 6.82g (7.58%), Cholesterol: 11.91mg (3.97%), Sodium: 266.11mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Selenium: 27.2µg (38.85%), Manganese: 0.48mg (23.77%), Vitamin E: 3.3mg (22%), Vitamin B3: 4.37mg (21.87%), Iron: 3.53mg (19.63%), Fiber: 4.9g (19.59%), Folate: 64.87µg (16.22%), Vitamin B12: 0.85µg (14.17%), Magnesium: 55.25mg (13.81%), Potassium: 467.88mg (13.37%), Phosphorus: 133.39mg (13.34%), Vitamin K: 13.31µg (12.68%), Copper: 0.2mg (10.1%), Vitamin B6: 0.18mg (9.19%), Vitamin B1: 0.13mg (8.79%), Zinc: 1.17mg (7.77%), Calcium: 73.59mg (7.36%), Vitamin B2: 0.09mg (5.14%), Vitamin A: 133.14IU (2.66%), Vitamin D: 0.4µg (2.65%), Vitamin B5: 0.23mg (2.32%), Vitamin C: 1.5mg (1.82%)