



WHATSheATE



Slow-Roasted Tomato Crostini



Vegetarian



Vegan



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12.5 inch bread crumbs italian ()
- ☐ 1 tablespoons mint leaves fresh finely sliced
- ☐ 7 garlic clove unpeeled
- ☐ 4 olives black pitted chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 1 lb plum tomatoes halved lengthwise

Equipment

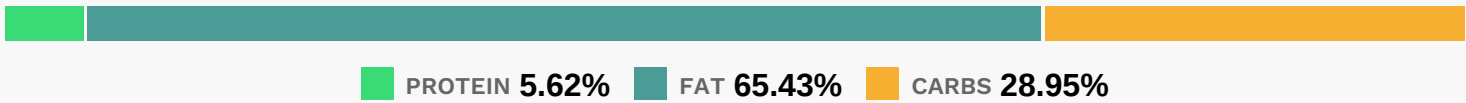
- ☐ baking sheet

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Arrange tomatoes, cut sides up, in a shallow baking dish just large enough to hold them in 1 layer.
- ☐ Drizzle with 2 tablespoons oil and season with salt and pepper. Scatter garlic around tomatoes, then roast in middle of oven until tomatoes are tender and skins are wrinkled, about 1 hour. Cool, then transfer tomatoes to a plate, reserving garlic and oil in baking dish.
- ☐ While tomatoes are cooling, put bread slices on a baking sheet and brush lightly on both sides with additional oil.
- ☐ Bake in middle of oven until golden, 15 to 18 minutes.
- ☐ Peel roasted garlic cloves and mash to a paste with oil and juices from baking dish.
- ☐ Spread paste on toasts, then top each toast with a tomato half, cut side up.
- ☐ Serve crostini topped with mint and olives.
- ☐ • Tomatoes and garlic paste can be prepared 1 day ahead and chilled, covered. Bring to room temperature before proceeding. • Toasts can be baked 1 day ahead and kept in an airtight container at room temperature. •
- ☐ Heat assembled crostini in a 350°F oven before serving if components are made ahead.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:4.175652200761%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 94.05kcal (4.7%), Fat: 7.12g (10.95%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.77g (2.1%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 65.96mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin C: 11.71mg (14.2%), Vitamin A: 675.93IU (13.52%), Vitamin K: 8.88µg (8.46%), Vitamin E: 1.18mg (7.9%), Manganese: 0.15mg (7.73%), Potassium: 210.6mg (6.02%), Vitamin B6: 0.11mg (5.29%), Fiber: 1.32g (5.28%), Folate: 15.81µg (3.95%), Vitamin B3: 0.73mg (3.66%), Copper: 0.06mg (3.05%), Vitamin B1: 0.04mg (2.91%), Magnesium: 11.05mg (2.76%), Phosphorus: 26.17mg (2.62%), Iron: 0.46mg (2.53%), Calcium: 17.35mg (1.74%), Vitamin B2: 0.03mg (1.49%), Zinc: 0.19mg (1.27%)