



Spinach and Parmesan Crostini

READY IN



20 min.

SERVINGS



12

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 oz spinach frozen thawed chopped
- ☐ 8 oz cream cheese softened
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.3 cup mayonnaise
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 12 slices bread french (1/)
- ☐ 0.3 cup pinenuts

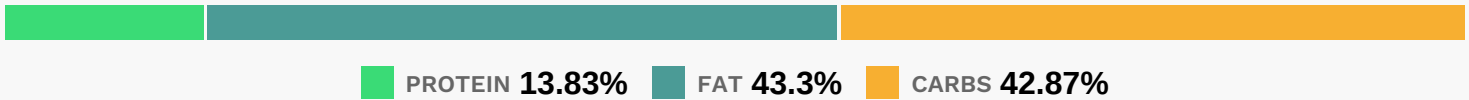
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 325°F. In medium bowl, stir together spinach, cream cheese, Parmesan cheese, mayonnaise, garlic and pepper.
- ☐ Spoon 2 tablespoons cheese mixture on each bread slice.
- ☐ Sprinkle with pine nuts.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 10 minutes or until thoroughly heated and nuts are toasted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:19.263478391844%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339.3kcal (16.96%), Fat: 16.56g (25.48%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 34.71g (12.62%), Sugar: 3.98g (4.42%), Cholesterol: 28.3mg (9.43%), Sodium: 635.99mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.81%), Vitamin K: 89.79µg (85.51%), Vitamin A: 2823.5IU (56.47%), Manganese: 0.84mg (41.91%), Selenium: 24.33µg (34.75%), Vitamin B1: 0.5mg (33.08%), Folate: 113.28µg (28.32%), Vitamin B2: 0.4mg (23.71%), Iron: 3.19mg (17.73%), Phosphorus: 174.05mg (17.4%), Vitamin B3: 3.38mg (16.92%), Calcium: 154.77mg (15.48%), Magnesium: 50.7mg (12.67%), Zinc: 1.5mg (9.97%), Vitamin E: 1.46mg (9.73%), Copper: 0.19mg (9.35%), Fiber: 2.18g (8.74%), Vitamin B6: 0.13mg (6.63%), Potassium: 214.61mg (6.13%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.16µg (2.66%), Vitamin C: 1.36mg (1.64%)