



Sun-Dried Tomato Tapenade with Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 36 inch diagonally bread baguette french cut (2 loaves)
- ☐ 2 tablespoons basil dried
- ☐ 1 garlic clove minced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 3 ounces sun-dried tomatoes packed
- ☐ 2 cups water boiling

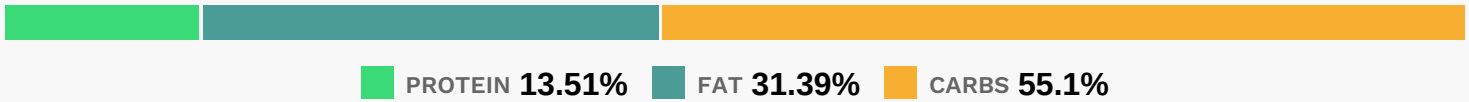
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ colander

Directions

- ☐ Combine boiling water and sun-dried tomatoes; cover and let stand 15 minutes or until soft.
- ☐ Drain tomatoes in a colander over a bowl, reserving 3/4 cup liquid.
- ☐ Combine tomatoes, reserved liquid, olives, basil, lemon juice, and garlic in a blender or food processor; process until smooth.
- ☐ Place tomato mixture in a small bowl; stir in oil. Cover and chill.
- ☐ Preheat oven to 35
- ☐ Place half of bread slices on a baking sheet coated with cooking spray. Lightly coat bread slices with cooking spray.
- ☐ Bake at 350 for 4 minutes. Turn bread slices over; lightly coat with cooking spray.
- ☐ Bake an additional 4 minutes. Repeat with remaining bread slices. Cool completely.
- ☐ Garnish tapenade with parsley, if desired; serve with crostini.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:2.3769565328308%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin:
0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.84kcal (1.39%), Fat: 1.06g (1.63%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 4.18g (1.39%), Net
Carbohydrates: 3.37g (1.23%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 66.97mg (2.91%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin K: 7.67µg (7.3%), Manganese: 0.15mg (7.29%), Iron:
0.78mg (4.32%), Potassium: 138.66mg (3.96%), Copper: 0.07mg (3.5%), Fiber: 0.81g (3.25%), Magnesium: 11.42mg
(2.85%), Vitamin B3: 0.56mg (2.79%), Vitamin B1: 0.04mg (2.39%), Vitamin C: 1.92mg (2.33%), Selenium: 1.35µg
(1.92%), Phosphorus: 18.85mg (1.88%), Calcium: 18.49mg (1.85%), Vitamin B2: 0.03mg (1.85%), Folate: 7.02µg
(1.75%), Vitamin E: 0.2mg (1.34%), Vitamin B6: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.11%)