



Sweet Pea Crostini

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette sliced into 1/ slices
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups chicken broth
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 cloves garlic
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 16 ounce peas frozen
- ☐ 3 ounces pancetta diced finely
- ☐ 1 teaspoon pepper flakes red

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup whipping cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve

Directions

- ☐ For the Sweet Peas: Warm the chicken broth and red pepper flakes in a medium
- ☐ saucepan over medium-high heat until the broth boils.
- ☐ Add the frozen peas and cook until the peas are tender, about 5 minutes.
- ☐ Drain the peas in a mesh sieve.
- ☐ Place the peas in a food processor with the mint, salt, and pepper. Puree the pea mixture.
- ☐ Place the pea puree in a medium bowl and refrigerate until cool, about 30 minutes.
- ☐ Meanwhile, for the crostini: Preheat the oven to 375 degrees F.
- ☐ Place the baguette slices on a parchment paper-lined baking sheet in a single layer.
- ☐ Bake in the oven until toasted and golden around the edges, about 10 minutes. While the crostini are still warm, drizzle the tops with extra-virgin olive oil. Using a whole clove of garlic in your fingertips, rub the top of the crostini a few times to give a hint of garlic.
- ☐ To finish, whip the cream until stiff peaks form. Fold the whipped cream into the pea puree. Top each of the crostini with about 1 tablespoon of pea puree.
- ☐ Sprinkle with a bit of the diced prosciutto.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:12.62, Inflammation Score:-7, Nutrition Score:12.596956455189%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 352.73kcal (17.64%), Fat: 24.85g (38.23%), Saturated Fat: 7g (43.73%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 20.66g (7.51%), Sugar: 5.4g (6%), Cholesterol: 25mg (8.33%), Sodium: 711.36mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Vitamin C: 23.57mg (28.57%), Vitamin B1: 0.38mg (25.43%), Vitamin K: 24.39µg (23.23%), Manganese: 0.46mg (23.1%), Folate: 72.61µg (18.15%), Fiber: 4.14g (16.57%), Vitamin E: 2.48mg (16.56%), Vitamin B3: 3.23mg (16.16%), Vitamin A: 792.17IU (15.84%), Vitamin B2: 0.25mg (14.94%), Selenium: 9.43µg (13.47%), Iron: 2.24mg (12.43%), Phosphorus: 120.9mg (12.09%), Vitamin B6: 0.18mg (9.16%), Copper: 0.16mg (8.24%), Zinc: 1.19mg (7.96%), Magnesium: 31.74mg (7.93%), Potassium: 242.09mg (6.92%), Calcium: 66.79mg (6.68%), Vitamin B5: 0.29mg (2.95%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.09µg (1.48%)