



WHATSheATE



Sweet Pea Salad and Ricotta Cheese Crostini



Vegetarian

READY IN



16 min.

SERVINGS



6

CALORIES



579 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 loaf focaccia bread cut into 1 1/2-inch thin squares
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 juice of lemon juiced
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 6 servings olive oil for brushing
- ☐ 2 cups peas fresh sweet
- ☐ 1.5 teaspoons coarse pepper black
- ☐ 1 cup ricotta cheese
- ☐ 0.3 cup shallots minced

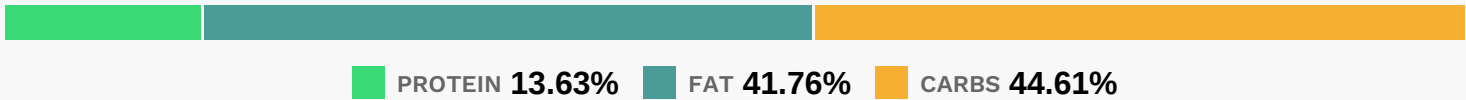
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ In a large bowl, add peas, shallots, garlic, salt, pepper, basil, mint, 1 tablespoon of olive oil, lemon zest and lemon juice. Stir to combine and set aside.
- ☐ Brush focaccia squares with remaining oil. Grill on each side for 2 to 3 minutes until well marked.
- ☐ Remove from the grill to a serving platter.
- ☐ Spread ricotta cheese on each square and top with sweet pea salad.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:31.72, Inflammation Score:-8, Nutrition Score:24.898695761743%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 578.91kcal (28.95%), Fat: 27.09g (41.68%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 57.18g (20.79%), Sugar: 10.28g (11.42%), Cholesterol: 21.08mg (7.03%), Sodium: 1157.02mg (50.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Manganese: 1.7mg (84.79%), Selenium: 39.85µg (56.92%), Vitamin B1: 0.61mg (40.79%), Vitamin B3: 7.46mg (37.32%), Folate: 139.58µg (34.9%), Fiber: 7.95g (31.81%), Vitamin K: 31.51µg (30.01%), Iron: 5.35mg (29.7%), Vitamin C: 23.78mg (28.82%), Phosphorus: 274.48mg (27.45%), Vitamin B2: 0.44mg (25.9%), Calcium: 254.09mg (25.41%), Magnesium: 72.35mg (18.09%), Vitamin E: 2.7mg (18%), Zinc: 2.35mg (15.65%), Copper: 0.29mg (14.52%), Vitamin B6: 0.28mg (14.17%), Vitamin A: 665.63IU (13.31%), Vitamin B5: 1.13mg (11.26%), Potassium: 383.47mg (10.96%), Vitamin B12: 0.14µg (2.34%)