



Tapenade toasts



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



280 kcal

Ingredients

- ☐ 1 small ciabatta bread
- ☐ 1 tbsp olive oil
- ☐ 100 g kalamata olive black pitted
- ☐ 3 tbsp olive oil extra virgin
- ☐ 1 small pack of parsley
- ☐ 2 tbsp caper
- ☐ 1 garlic clove crushed

Equipment

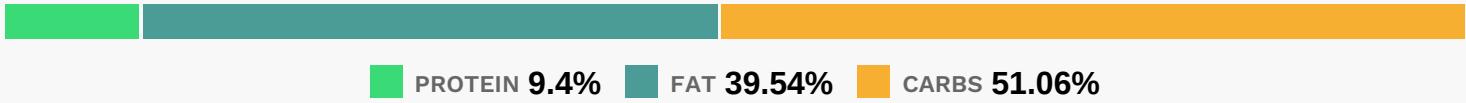
- ☐ baking sheet

oven

Directions

- Heat oven to 220C/200C fan/gas
- Cut ciabatta into 12–18 thin slices. Arrange in 1 layer on a baking sheet.
- Drizzle with olive oil, season and bake for 8–10 mins, or until crisp. Meanwhile, blitz olives, extra virgin olive oil, parsley, capers and garlic to a paste. Season with black pepper and spread on the ciabatta toasts.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.6799999754066%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 279.89kcal (13.99%), Fat: 12.44g (19.13%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 34.65g (12.6%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 707.24mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin E: 2.01mg (13.37%), Vitamin K: 9.3µg (8.86%), Fiber: 1.48g (5.93%), Vitamin A: 83.54IU (1.67%), Copper: 0.03mg (1.62%), Iron: 0.2mg (1.11%), Calcium: 11.04mg (1.1%)