



Tartine with Blackberry Thyme Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce sourdough baguette
- ☐ 1 quart blackberries fresh crushed ()
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 24 ounces yogurt plain low-fat
- ☐ 2 teaspoons sugar

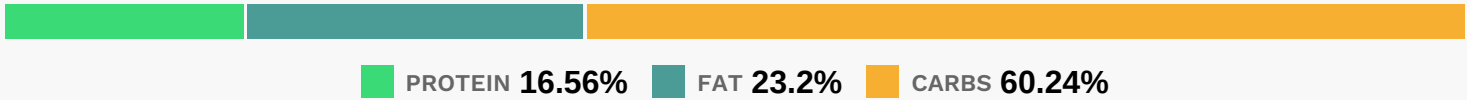
Equipment

☐ bowl

Directions

- ☐ Stir blackberries, thyme, sugar, lemon juice, and kosher salt together in a medium bowl. Split sourdough baguette lengthwise and cut into 4 pieces; spread each with 1/2 tablespoon butter and top with 1/4 of the blackberry salad.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:65.46, Glycemic Load:22.74, Inflammation Score:-10, Nutrition Score:29.949565224026%

Flavonoids

Cyanidin: 236.47mg, Cyanidin: 236.47mg, Cyanidin: 236.47mg, Cyanidin: 236.47mg Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 87.68mg, Catechin: 87.68mg, Catechin: 87.68mg, Catechin: 87.68mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg, Epigallocatechin 3-gallate: 1.61mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 416.23kcal (20.81%), Fat: 11.07g (17.02%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 50.68g (18.43%), Sugar: 28.27g (31.42%), Cholesterol: 25.26mg (8.42%), Sodium: 526.75mg (22.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 1.83mg (91.44%), Vitamin C: 55.3mg (67.03%), Fiber: 13.99g (55.94%), Vitamin K: 49.38µg (47.02%), Calcium: 448.44mg (44.84%), Vitamin B2: 0.62mg (36.42%), Phosphorus: 354.69mg (35.47%), Folate: 140.27µg (35.07%), Vitamin B1: 0.45mg (30.28%), Potassium: 867.85mg (24.8%), Copper: 0.49mg (24.58%), Magnesium: 94.14mg (23.54%), Selenium: 16.4µg

(23.43%), Zinc: 3.26mg (21.71%), Vitamin B3: 4.33mg (21.67%), Iron: 3.87mg (21.5%), Vitamin E: 3.15mg (21.01%), Vitamin B5: 1.89mg (18.92%), Vitamin A: 851.35IU (17.03%), Vitamin B12: 0.96µg (16.07%), Vitamin B6: 0.22mg (11.07%)