



## Toasts with Fennel and Sun-Dried Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 inch top
- 4 servings fennel bulb chopped
- 0.5 small fennel bulb shaved peeled very thin
- 0.5 cup goat cheese softened
- 4 teaspoons olive oil divided
- 0.3 teaspoon salt
- 0.5 cup sun-dried olives

### Equipment

baking sheet

oven

## Directions

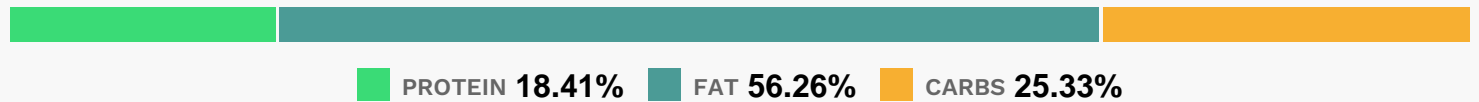
Preheat oven to 35

Combine 1 peeled and shaved fennel bulb, salt, freshly ground black pepper, and 2 teaspoons olive oil.

Brush an additional 2 teaspoons olive oil evenly over bread slices; place on a cookie sheet. Toast in oven until lightly crisp and browned (10–12 minutes).

Spread 2 tablespoons softened, herbed goat cheese evenly over each bread slice; top with 1/3 cup fennel slices, 2 tablespoons julienne cut sun-dried tomatoes, and a few chopped fennel fronds.

## Nutrition Facts



## Properties

Glycemic Index:58.13, Glycemic Load:2.89, Inflammation Score:-5, Nutrition Score:9.3221738804942%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 158.89kcal (7.94%), Fat: 10.49g (16.13%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.93g (2.88%), Sugar: 6.67g (7.41%), Cholesterol: 13.05mg (4.35%), Sodium: 287.96mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin K: 28.04µg (26.71%), Copper: 0.43mg (21.33%), Manganese: 0.36mg (18.15%), Potassium: 607.45mg (17.36%), Phosphorus: 138.25mg (13.82%), Iron: 2.1mg (11.64%), Vitamin B2: 0.19mg (11.2%), Vitamin C: 9.02mg (10.93%), Fiber: 2.69g (10.75%), Magnesium: 36.98mg (9.25%), Vitamin A: 454.51IU (9.09%), Vitamin B3: 1.62mg (8.11%), Calcium: 71.02mg (7.1%), Vitamin B1: 0.1mg (6.98%), Vitamin B6: 0.13mg (6.63%), Folate: 22.51µg (5.63%), Vitamin B5: 0.56mg (5.56%), Vitamin E: 0.81mg (5.39%), Zinc: 0.61mg (4.07%), Selenium: 2.13µg (3.05%)