



Tomato Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 4 slices bread baguette french 1-inch-thick ()
- ☐ 1 teaspoon capers
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove halved
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olives green pitted chopped
- ☐ 0.5 teaspoon olive oil

- ☐ 1 Dash pepper black freshly ground
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 0.1 teaspoon sea salt

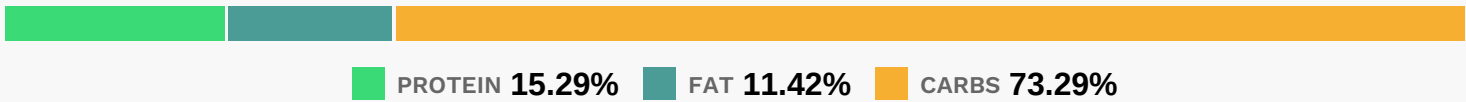
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 9 ingredients.
- ☐ Lightly coat both sides of bread slices with cooking spray; arrange bread slices in a single layer on a baking sheet.
- ☐ Bake at 375 for 4 minutes on each side or until lightly toasted.
- ☐ Rub 1 side of bread slices with halved garlic; top evenly with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:165.25, Glycemic Load:52.21, Inflammation Score:-7, Nutrition Score:18.735652301622%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 379.6kcal (18.98%), Fat: 4.86g (7.48%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 70.2g (23.4%), Net Carbohydrates: 66.42g (24.15%), Sugar: 7.72g (8.57%), Cholesterol: 0mg (0%), Sodium: 1009.82mg (43.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.29%), Vitamin B1: 0.94mg (62.54%), Selenium: 37.09µg (52.98%), Folate: 167.44µg (41.86%), Manganese: 0.81mg (40.45%), Vitamin B2: 0.56mg (33.15%), Vitamin B3: 6.57mg (32.84%), Iron: 5.3mg (29.47%), Phosphorus: 154.32mg (15.43%), Fiber: 3.78g (15.13%), Copper: 0.25mg

(12.6%), Magnesium: 49.87mg (12.47%), Vitamin A: 563.09IU (11.26%), Vitamin C: 9.26mg (11.23%), Vitamin B6: 0.22mg (11.23%), Vitamin K: 10.76µg (10.24%), Zinc: 1.48mg (9.88%), Potassium: 309.1mg (8.83%), Calcium: 82.81mg (8.28%), Vitamin E: 0.9mg (6.03%), Vitamin B5: 0.5mg (5.02%)