



## Tomato Crostini with Whipped Feta

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 20 slices diagonal baguette toasted ()
- 2 pounds cherry tomatoes ripe
- 2 ounces cream cheese at room temperature
- 6 ounces feta good crumbled
- 3 tablespoons basil leaves fresh julienned for serving
- 2 cloves garlic minced
- 8 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon freshly squeezed

- 0.7 cup olive oil good divided
- 2 tablespoons pinenuts toasted
- 2 tablespoons red wine vinegar good
- 2 tablespoons shallots minced (2 shallots)

## Equipment

- food processor
- bowl
- whisk
- slotted spoon

## Directions

- Watch how to make this recipe.
- For the whipped feta, place the feta and cream cheese in the bowl of a food processor fitted with the steel blade. Pulse until the cheeses are mixed.
- Add 1/3 cup of the olive oil, the lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper and process until smooth.
- For the tomatoes, up to an hour before you're serving, combine the shallots, garlic, and vinegar in a medium bowl. Set aside for 5 minutes.
- Whisk in the remaining 1/3 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Add the tomatoes, stir gently, and set aside for 10 minutes. Stir in the basil and taste for seasonings.
- To assemble the crostini, spread each slice of bread with a generous amount of whipped feta. With a slotted spoon, place the tomatoes on top.
- Put the crostini on plates and scatter with the pine nuts.
- Sprinkle with extra basil and serve.

## Nutrition Facts



PROTEIN 13.85%  FAT 36.15%  CARBS 50%

## Properties

Glycemic Index:35.97, Glycemic Load:26.92, Inflammation Score:-7, Nutrition Score:17.461739200613%

## Flavonoids

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 362.29kcal (18.11%), Fat: 14.65g (22.54%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 42.88g (15.59%), Sugar: 7.23g (8.04%), Cholesterol: 26.08mg (8.69%), Sodium: 772.45mg (33.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Manganese: 0.76mg (38.02%), Vitamin B1: 0.55mg (36.94%), Vitamin C: 27.91mg (33.83%), Vitamin B2: 0.49mg (28.58%), Folate: 110.78µg (27.7%), Selenium: 18.29µg (26.13%), Vitamin B3: 4.58mg (22.92%), Iron: 3.93mg (21.84%), Calcium: 213.11mg (21.31%), Phosphorus: 205.19mg (20.52%), Vitamin A: 780.65IU (15.61%), Vitamin B6: 0.29mg (14.52%), Vitamin K: 12.93µg (12.31%), Copper: 0.23mg (11.63%), Potassium: 404.13mg (11.55%), Vitamin E: 1.73mg (11.55%), Magnesium: 43.7mg (10.92%), Zinc: 1.63mg (10.86%), Fiber: 2.71g (10.84%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.37µg (6.25%)