



Tuna and Fava Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 slices baguette thin
- ☐ 8 ounces fava bean pods fresh
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 2 tablespoons parsley plus 18 leaves fresh italian chopped for garnish
- ☐ 0.3 cup onion red minced
- ☐ 6 ounce solid tuna in olive oil light canned

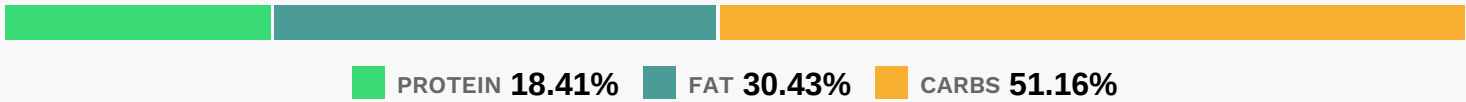
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Arrange baguette slices in single layer on baking sheet; brush slices with 3 tablespoons oil.
- ☐ Bake until bread is crisp and golden, about 15 minutes. Set aside.
- ☐ Bring medium saucepan of water to boil. Shell fava beans, then drop beans into boiling water and cook 1 minute.
- ☐ Drain. Slip beans out of skins.
- ☐ Place beans in small bowl; add remaining 1 tablespoon oil and toss to coat.
- ☐ Combine tuna with its oil, minced red onion, chopped parsley, and lemon juice in small bowl. Using fork, mash tuna mixture to coarse paste. Season mixture to taste with salt and pepper.
- ☐ Baguette slices, fava beans, and tuna mixture can be prepared 4 hours ahead.
- ☐ Let baguette slices stand at room temperature. Cover and refrigerate fava beans and tuna mixture separately.
- ☐ Divide tuna mixture among baguette slices. Top with fava beans and garnish each with 1 parsley leaf.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:34.96, Inflammation Score:-6, Nutrition Score:18.265217200569%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 429.34kcal (21.47%), Fat: 14.42g (22.19%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 50.32g (18.3%), Sugar: 5.57g (6.19%), Cholesterol: 8.79mg (2.93%), Sodium: 708.67mg (30.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Selenium: 34.57µg (49.39%), Vitamin B1: 0.61mg (40.35%), Vitamin B3: 7.97mg (39.86%), Folate: 147.41µg (36.85%), Vitamin K: 33.44µg (31.85%), Manganese: 0.62mg (31.01%), Iron: 4.21mg (23.42%), Phosphorus: 217.12mg (21.71%), Vitamin B2: 0.37mg (21.64%), Fiber: 4.22g (16.9%), Vitamin E: 2.3mg (15.32%), Magnesium: 52.39mg (13.1%), Vitamin B6: 0.26mg (12.98%), Copper: 0.26mg (12.8%), Calcium: 119.21mg (11.92%), Vitamin B12: 0.62µg (10.39%), Potassium: 335.39mg (9.58%), Zinc: 1.3mg (8.67%), Vitamin B5: 0.55mg (5.45%), Vitamin C: 3.67mg (4.45%), Vitamin A: 122.86IU (2.46%)