



Tuna Caper Crostini

 Dairy Free

READY IN



25 min.

SERVINGS



30

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette
- ☐ 0.3 cup capers drained
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 12 ounce meat tuna white packed in water, drained canned
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 15 grinds of pepper black
- ☐ 1 large shallots minced

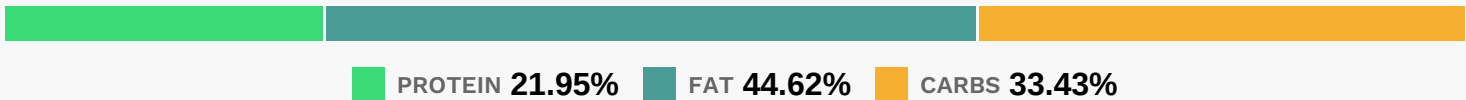
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Slice baguette into 1/2-inch thick slices and place on a baking sheet.
- ☐ Bake until toasted and golden, about 5 to 10 minutes.
- ☐ Combine all remaining ingredients in a mixing bowl and mix thoroughly.
- ☐ Top each toasted baguette slice with about 1 tablespoon of the tuna salad.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:3.0269564908484%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 55.62kcal (2.78%), Fat: 2.77g (4.26%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.51g (0.56%), Cholesterol: 4.08mg (1.36%), Sodium: 117.13mg (5.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Selenium: 9.18µg (13.11%), Vitamin B3: 1.52mg (7.62%), Vitamin K: 7.27µg (6.93%), Manganese: 0.11mg (5.44%), Vitamin B12: 0.29µg (4.86%), Vitamin B1: 0.05mg (3.59%), Iron: 0.59mg (3.28%), Vitamin E: 0.43mg (2.87%), Folate: 10.78µg (2.69%), Vitamin B6: 0.05mg (2.53%), Phosphorus: 25.16mg (2.52%), Vitamin B2: 0.04mg (2.33%), Magnesium: 6.51mg (1.63%), Fiber: 0.39g (1.55%),

Copper: 0.03mg (1.45%), Calcium: 14.38mg (1.44%), Vitamin C: 1.06mg (1.29%), Potassium: 43.35mg (1.24%), Zinc: 0.16mg (1.05%)