



Venison and White Bean Crostini with Black Olive Tapenade

READY IN



40 min.

SERVINGS



8

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olives black
- ☐ 5 ounces wheel garlic and herb cheese divided soft recommended: Boursin
- ☐ 1 small can beans white drained approximately 16 ounces such as cannellini
- ☐ 0.5 loaf bread french toasted sliced into 16 1/2-inch slices and
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound ground venison
- ☐ 0.1 cup olive oil divided

- ☐ 0.5 cup red wine
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 shallots finely chopped
- ☐ 2 teaspoons freshly thyme leaves chopped

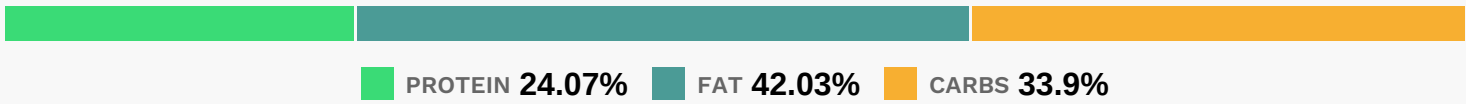
Equipment

- ☐ frying pan

Directions

- ☐ In a hot saute pan, brown venison with 1 tablespoon of olive oil, garlic and shallots.
- ☐ Add thyme and beans. Smash and break up the beans as you stir them into the mixture.
- ☐ Add red wine and cook until dry.
- ☐ Remove from heat and crumble 3/4 of the wheel of cheese into mixture and let cool. Finely chop black olives combine with remaining 1 tablespoon olive oil.
- ☐ Add 1/4 of reserved cheese and parsley to olives, and season to taste with salt and pepper.
- ☐ Take 16 slices of the toasted bread. Spoon venison mixture onto each slice.
- ☐ Garnish on top with black olive mixture.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:13.23, Inflammation Score:-7, Nutrition Score:15.764782739722%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg
Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg
Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 342.94kcal (17.15%), Fat: 15.67g (24.11%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 28.44g (9.48%), Net
Carbohydrates: 24.62g (8.95%), Sugar: 1.97g (2.18%), Cholesterol: 64.62mg (21.54%), Sodium: 426.14mg (18.53%),
Alcohol: 1.59g (100%), Alcohol %: 1.06% (100%), Protein: 20.19g (40.38%), Vitamin B1: 0.55mg (36.65%), Vitamin K:
29.48µg (28.08%), Iron: 4.68mg (26%), Manganese: 0.5mg (24.79%), Vitamin B3: 4.6mg (23%), Zinc: 3.34mg
(22.27%), Phosphorus: 200.39mg (20.04%), Selenium: 13.99µg (19.99%), Vitamin B6: 0.38mg (18.82%), Folate:
73.76µg (18.44%), Vitamin B2: 0.3mg (17.71%), Vitamin B12: 1.06µg (17.67%), Fiber: 3.82g (15.29%), Potassium:
524.68mg (14.99%), Copper: 0.27mg (13.53%), Magnesium: 53.84mg (13.46%), Vitamin E: 1.56mg (10.43%), Calcium:
73.12mg (7.31%), Vitamin B5: 0.61mg (6.15%), Vitamin C: 3.53mg (4.28%), Vitamin A: 184.44IU (3.69%)