



WHATSheATE



HEALTH SCORE

100%

White Bean-and-Black Olive Crostini



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



1

CALORIES



1870 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving garnish: torn basil leaves
- ☐ 8.5 oz bread baguette french
- ☐ 15.5 oz .5 can cannellini beans drained and rinsed canned
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup roasted bell peppers diced red jarred

☐ 0.3 teaspoon salt

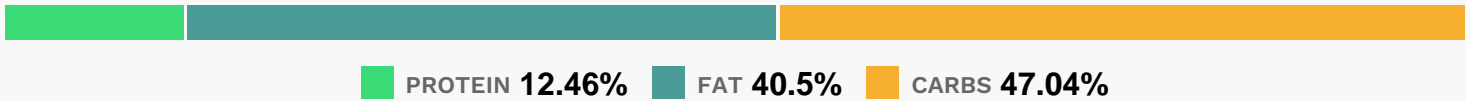
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Arrange bread slices on a baking sheet, and coat with cooking spray.
- ☐ Sprinkle with desired amount of salt and pepper.
- ☐ Bake 8 minutes or until toasted.
- ☐ Process beans and next 3 ingredients in a food processor until smooth, stopping to scrape down sides as needed. Toss together olives and next 2 ingredients.
- ☐ Spread bean mixture on toasted bread slices, and dollop with olive mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:213.5, Glycemic Load:118.83, Inflammation Score:-10, Nutrition Score:60.983043338941%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 1869.69kcal (93.48%), Fat: 85.67g (131.8%), Saturated Fat: 12.4g (77.51%), Carbohydrates: 223.92g (74.64%), Net Carbohydrates: 194.3g (70.65%), Sugar: 12.78g (14.2%), Cholesterol: 0mg (0%), Sodium: 4066.83mg (176.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.3g (118.59%), Manganese: 3.73mg (186.3%), Folate: 596.69µg (149.17%), Vitamin B1: 2.17mg (144.38%), Iron: 23.95mg (133.05%), Fiber: 29.62g (118.48%), Selenium: 76.8µg (109.71%), Vitamin E: 16.36mg (109.08%), Magnesium: 318.49mg (79.62%), Copper: 1.57mg (78.63%),

Vitamin B2: 1.22mg (71.75%), Potassium: 2420.79mg (69.17%), Phosphorus: 671.5mg (67.15%), Vitamin B3: 12.68mg (63.4%), Vitamin K: 65.43µg (62.31%), Calcium: 516.67mg (51.67%), Zinc: 7.6mg (50.69%), Vitamin C: 32.91mg (39.89%), Vitamin B6: 0.74mg (36.87%), Vitamin B5: 1.67mg (16.71%), Vitamin A: 737.51IU (14.75%)