



Apple Bacon Cheddar Crostini

READY IN



50 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apple juice
- 4 cups apples peeled finely chopped (3 medium)
- 6 slices bacon
- 24 slices crusty baguette french (1/)
- 0.3 cup brown sugar packed
- 1 tablespoon thyme sprigs fresh
- 1 teaspoon ginger grated
- 2 tablespoons olive oil
- 0.5 teaspoon salt

- 6 oz sharp cheddar cheese shredded
- 1 sprigs thyme leaves fresh

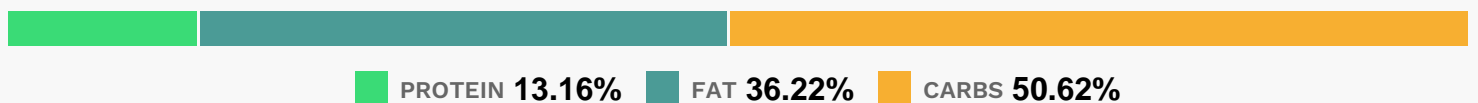
Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- In 12-inch nonstick skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. Reserve drippings in skillet.
- Cook apples and gingerroot in bacon drippings over medium-high heat, stirring occasionally, until lightly browned and tender. Stir in brown sugar, thyme and salt. Cook 1 minute; stir in apple juice. Cook 1 minute; remove from heat. Cool completely.
- Heat oven to 450F.
- Place baguette slices in single layer on ungreased cookie sheet.
- Brush with 1 tablespoon of the oil.
- Bake 3 to 5 minutes or until toasted. Turn slices over; brush with remaining 1 tablespoon oil.
- Bake 3 to 5 minutes longer or until toasted.
- In skillet, add cheese and bacon to apples; toss.
- Place about 1 tablespoon apple mixture on each baguette slice.
- Bake 5 minutes or until cheese is melted.
- Garnish with thyme sprigs.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.52, Glycemic Load:11.44, Inflammation Score:-5, Nutrition Score:5.0756521561871%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 165.56kcal (8.28%), Fat: 6.68g (10.27%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.77g (7.19%), Sugar: 6.04g (6.71%), Cholesterol: 10.72mg (3.57%), Sodium: 329.93mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin B1: 0.21mg (13.83%), Selenium: 8.64µg (12.35%), Folate: 36.54µg (9.13%), Calcium: 88.64mg (8.86%), Vitamin B2: 0.15mg (8.57%), Vitamin B3: 1.71mg (8.53%), Manganese: 0.17mg (8.28%), Phosphorus: 73.63mg (7.36%), Iron: 1.25mg (6.92%), Fiber: 1.22g (4.89%), Zinc: 0.59mg (3.96%), Magnesium: 12.77mg (3.19%), Vitamin B6: 0.06mg (3.19%), Copper: 0.05mg (2.61%), Vitamin E: 0.38mg (2.5%), Potassium: 85.03mg (2.43%), Vitamin K: 2.29µg (2.18%), Vitamin A: 100.15IU (2%), Vitamin B5: 0.2mg (1.99%), Vitamin C: 1.51mg (1.83%), Vitamin B12: 0.1µg (1.71%)