



Bacon Jam Crostini with Melted Brie and Roasted Tomatoes

♡ Popular

READY IN



70 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful arugula
- ☐ 4 slices bread
- ☐ 4 ounces round of président brie sliced
- ☐ 0.3 cup bacon jam
- ☐ 1 teaspoon oil
- ☐ 4 servings salt and pepper to taste
- ☐ 4 small tomatoes cut in half

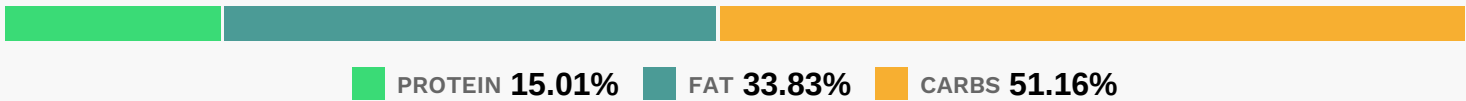
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the tomatoes on a baking sheet with the cut side up, drizzle with oil, season with salt and pepper and roast in a preheated 350F oven for an hour. (Note this step can be done ahead of time.)
- ☐ Spread the bacon jam onto the bread, top with the brie and broil in the oven until the brie has melted, about 2-3 minutes.Top the crostini with the arugula and roast tomatoes and server warm.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:19.48, Inflammation Score:-7, Nutrition Score:10.510000060434%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 263.11kcal (13.16%), Fat: 9.96g (15.32%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 31.81g (11.57%), Sugar: 14.43g (16.03%), Cholesterol: 28.35mg (9.45%), Sodium: 582.57mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Vitamin A: 1044.51IU (20.89%), Folate: 73.5µg (18.38%), Vitamin C: 15.09mg (18.29%), Vitamin B2: 0.29mg (16.93%), Vitamin B1: 0.25mg (16.36%), Selenium: 10.06µg (14.36%), Manganese: 0.29mg (14.35%), Vitamin K: 14.96µg (14.25%), Phosphorus: 112.17mg (11.22%), Calcium: 107.23mg (10.72%), Vitamin B3: 2.12mg (10.62%), Potassium: 333.29mg (9.52%), Iron: 1.67mg (9.28%), Vitamin B6: 0.18mg (9.03%), Fiber: 2.08g (8.31%), Vitamin B12: 0.47µg (7.8%), Zinc: 1.12mg (7.46%), Magnesium: 27.2mg (6.8%), Copper: 0.12mg (6.15%), Vitamin E: 0.87mg (5.83%), Vitamin B5: 0.42mg (4.24%)