



Balsamic-Glazed Pear and Goat Cheese Crostini

 Vegetarian

READY IN



15 min.

SERVINGS



24

CALORIES



688 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 baguette rounds toasted
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 0.5 cup spreadable goat cheese
- ☐ 1 teaspoon honey
- ☐ 2 usa pears
- ☐ 0.5 cup slivered almonds toasted

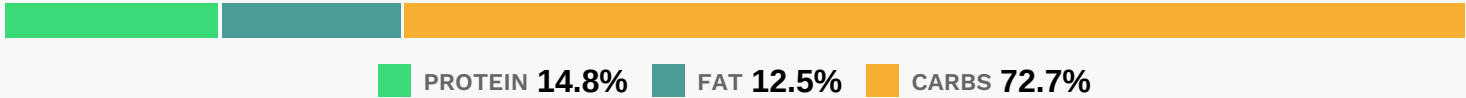
Equipment

☐ frying pan

Directions

- ☐ Slice pears stem side up into 12 quarter-inch width vertical planks.
- ☐ Cut large slices in half lengthwise for a total of 48 slices.
- ☐ Heat vinegar, butter, and honey in large frying pan over medium heat for 2 to 3 minutes, stirring constantly, until reduced by half, about 2 tablespoons.
- ☐ Add pear slices and continue cooking for 1 minute, turning once.
- ☐ Place 2 pear slices on each baguette round and top with 1 teaspoon goat cheese.
- ☐ Sprinkle almonds over cheese and garnish with fresh pepper, if desired.
- ☐ *To toast almonds, place in heavy frying pan and toast over medium heat, stirring constantly, for 1 to 2 minutes or until tan with toasted aroma.
- ☐ USA Pears

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:83.49, Inflammation Score:-7, Nutrition Score:27.252173928463%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 688.3kcal (34.41%), Fat: 9.44g (14.52%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 123.57g (41.19%), Net Carbohydrates: 117.58g (42.76%), Sugar: 13.85g (15.39%), Cholesterol: 3.43mg (1.14%), Sodium: 1566.8mg (68.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.29%), Vitamin B1: 1.46mg (97.65%), Folate: 270.12µg (67.53%), Selenium: 43.25µg (61.78%), Manganese: 1.23mg (61.31%), Vitamin B3: 11.48mg (57.38%), Vitamin B2: 0.85mg (50.02%), Iron: 8.84mg (49.12%), Calcium: 277.21mg (27.72%), Phosphorus: 262.74mg (26.27%), Fiber: 5.99g (23.97%), Copper: 0.37mg (18.65%), Magnesium: 73.13mg (18.28%), Zinc: 2.11mg (14.04%), Vitamin B6: 0.28mg (13.96%), Vitamin B5: 1mg (9.96%), Potassium: 347.46mg (9.93%), Vitamin E: 1.34mg (8.94%), Vitamin K: 8.28µg (7.88%), Vitamin A: 67.16IU (1.34%)