



HEALTH SCORE

95%

Beet-and-Goat Cheese Crostini



Vegetarian



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



3302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 slices crusty baguette (1/4-inch-thick)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 tablespoons olive oil extra virgin divided
- ☐ 4 ounce goat cheese softened
- ☐ 8 ounce golden beets red cubed
- ☐ 1 serving the salad fresh shredded
- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.3 cup balsamic vinegar white

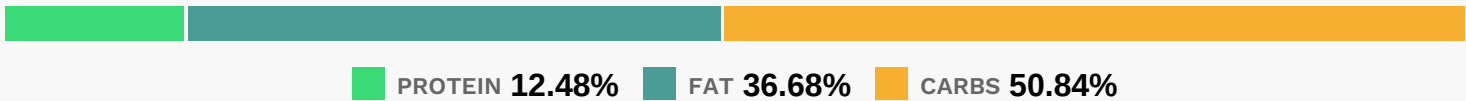
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 42
- ☐ Combine 3 tablespoons oil and next 4 ingredients in a bowl.
- ☐ Drizzle over beets, and gently stir. Set aside.
- ☐ Brush remaining 2 tablespoons olive oil on baguette slices.
- ☐ Bake 5 to 7 minutes or until golden brown.
- ☐ Spread toasted baguette slices with goat cheese.
- ☐ Remove reserved beets from marinade with a slotted spoon, and arrange over goat cheese.
- ☐ Sprinkle with walnuts; garnish, if desired.
- ☐ *If you can't find precooked beets, cut greens and ends of roots from 8 ounces fresh beets. Scrub well, wrap each in aluminum foil, and bake at 375 for 50 minutes or until tender; cool. Unwrap, peel away skin, and cube.

Nutrition Facts



Properties

Glycemic Index:290.02, Glycemic Load:275.21, Inflammation Score:-10, Nutrition Score:70.836956905282%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg

Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 3302.42kcal (165.12%), Fat: 134.37g (206.73%), Saturated Fat: 32.23g (201.44%), Carbohydrates: 419.1g (139.7%), Net Carbohydrates: 394.5g (143.46%), Sugar: 74.15g (82.39%), Cholesterol: 52.16mg (17.39%), Sodium: 6530.89mg (283.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.89g (205.78%), Vitamin B1: 4.73mg (315.45%), Manganese: 5.64mg (282.1%), Folate: 1126.41µg (281.6%), Selenium: 138.59µg (197.99%), Vitamin B3: 36.68mg (183.41%), Iron: 32.54mg (180.76%), Vitamin B2: 3.06mg (179.82%), Phosphorus: 1240.89mg (124.09%), Copper: 2.44mg (122.18%), Calcium: 1057mg (105.7%), Fiber: 24.59g (98.37%), Vitamin E: 12.81mg (85.41%), Magnesium: 329.42mg (82.35%), Vitamin B6: 1.43mg (71.4%), Vitamin K: 69.28µg (65.98%), Zinc: 8.98mg (59.89%), Potassium: 2002.95mg (57.23%), Vitamin B5: 4.26mg (42.57%), Vitamin A: 1709.23IU (34.18%), Vitamin C: 20.84mg (25.26%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.45µg (3.02%)