



Beet and Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.8 pound beets (2 medium)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 inch diagonally bread baguette french toasted cut
- ☐ 2 teaspoons tarragon fresh minced
- ☐ 1 garlic clove crushed
- ☐ 5 ounce goat cheese

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon mayonnaise light
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup water

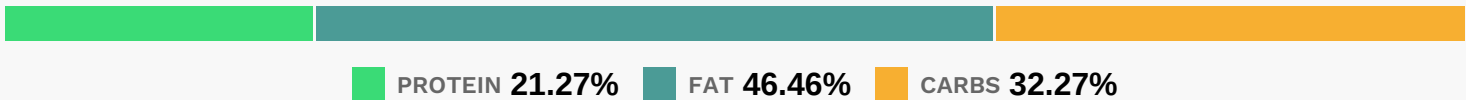
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ To prepare beets, leave root and 1 inch of stem on beets; scrub with a brush.
- ☐ Place beets in an 11 x 7-inch baking dish; add 1 cup water to dish. Cover and bake at 375 for 45 minutes or until tender.
- ☐ Drain and cool. Trim off beet roots; rub off skins.
- ☐ Cut beets lengthwise into quarters, and cut each quarter crosswise into 9 (1/8-inch) slices.
- ☐ In a medium bowl combine the vinegar, rind, juice, salt and 1/4 teaspoon pepper.
- ☐ Add beets; toss gently to coat.
- ☐ To prepare cheese spread, combine goat cheese, mayonnaise, tarragon, 1/8 teaspoon pepper, and garlic in a small bowl.
- ☐ Spread each baguette slice with 1 teaspoon cheese mixture; top with 3 slightly overlapping slices of beet.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:2.12, Inflammation Score:-2, Nutrition Score:2.9708695929983%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 55.97kcal (2.8%), Fat: 2.94g (4.52%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.43g (2.7%), Cholesterol: 5.62mg (1.87%), Sodium: 137.26mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Folate: 35.56µg (8.89%), Manganese: 0.18mg (8.8%), Copper: 0.12mg (5.97%), Phosphorus: 46.86mg (4.69%), Vitamin B2: 0.07mg (3.98%), Fiber: 0.96g (3.84%), Iron: 0.67mg (3.74%), Potassium: 113.25mg (3.24%), Vitamin B6: 0.06mg (3.16%), Calcium: 30.07mg (3.01%), Vitamin A: 146.72IU (2.93%), Magnesium: 11.21mg (2.8%), Vitamin C: 2.02mg (2.44%), Vitamin B1: 0.03mg (1.95%), Selenium: 1.35µg (1.92%), Zinc: 0.26mg (1.7%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.15mg (1.49%), Vitamin K: 1.13µg (1.07%)