



Brie, Rhubarb, and Green Peppercorn Crostini



Vegetarian



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



2360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 11 ounces triple-cream cheese such as marin cheese company rouge et noir triple crème brie french very ripe at room temperature
- ☐ 1 baguette french
- ☐ 1 tbsp peppercorns green in brine drained
- ☐ 5 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1 pound rhubarb stalks thick trimmed sliced

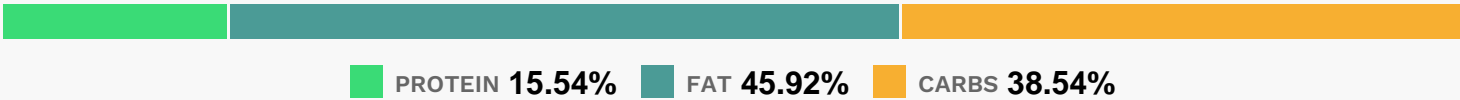
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook rhubarb with honey in a medium saucepan over medium heat 6 to 8 minutes, stirring occasionally, until rhubarb is very soft and just starting to fall apart. Preheat oven to 35
- ☐ Remove pan from heat and add vinegar and peppercorns; let sit at room temperature (so flavors meld) at least 1 hour.
- ☐ Slice baguette meanwhile on the diagonal into 1/2-in.-thick slices to make Put slices on a baking sheet, brush one side with oil, and bake until golden brown, about 15 minutes.
- ☐ Let cool.
- ☐ Cut cheese into 26 thick slices, each about as long as a baguette slice.
- ☐ Spoon a scant 1 tbsp. rhubarb mixture onto each baguette slice. Top each with a slice of cheese (or two smaller pieces) and serve immediately. Or serve toasts, topping, and cheese separately and let guests assemble the crostini.
- ☐ Make ahead: Toasts, up to 1 day, stored airtight at room temperature; rhubarb topping, up to 1 day, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:214.02, Glycemic Load:130.05, Inflammation Score:-10, Nutrition Score:65.339999945267%

Flavonoids

Catechin: 9.84mg, Catechin: 9.84mg, Catechin: 9.84mg, Catechin: 9.84mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epicatechin 3-gallate: 2.72mg, Epicatechin 3-gallate: 2.72mg, Epicatechin 3-gallate: 2.72mg, Epicatechin 3-gallate: 2.72mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin:

0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 2360.24kcal (118.01%), Fat: 122.11g (187.87%), Saturated Fat: 59.73g (373.28%), Carbohydrates: 230.58g (76.86%), Net Carbohydrates: 216.95g (78.89%), Sugar: 105.07g (116.74%), Cholesterol: 311.84mg (103.95%), Sodium: 3835.36mg (166.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.01g (186.02%), Vitamin K: 164.43µg (156.6%), Vitamin B2: 2.6mg (152.95%), Selenium: 94.05µg (134.35%), Folate: 504.05µg (126.01%), Calcium: 1234.31mg (123.43%), Vitamin B1: 1.76mg (117.6%), Manganese: 2.25mg (112.28%), Phosphorus: 892.42mg (89.24%), Vitamin B12: 5.15µg (85.76%), Vitamin B3: 14.02mg (70.11%), Zinc: 10.09mg (67.24%), Iron: 11.82mg (65.64%), Potassium: 2150.83mg (61.45%), Vitamin B6: 1.13mg (56.34%), Fiber: 13.62g (54.5%), Vitamin A: 2308.79IU (46.18%), Magnesium: 184.5mg (46.13%), Vitamin E: 6.73mg (44.87%), Vitamin C: 36.81mg (44.62%), Vitamin B5: 3.55mg (35.54%), Copper: 0.5mg (24.81%), Vitamin D: 1.56µg (10.39%)