



Caramelized Onion and Goat Cheese Crostini

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 24 slices bread french (1/)
- 1 tablespoon brown sugar packed
- 4 oz goat cheese softened (goat)
- 3 oz cream cheese softened
- 1 teaspoon oregano fresh chopped
- 1 teaspoon salt
- 2 cups onion sweet thinly sliced

2 tablespoons vegetable oil

Equipment

bowl

frying pan

baking sheet

oven

Directions

In 12-inch nonstick skillet, heat oil over medium-high heat. Stir in onions; cook uncovered 10 minutes, stirring every 3 to 4 minutes.

Reduce heat to medium-low. Stir in salt, brown sugar, and vinegar. Cook 30 to 35 minutes longer, stirring every 5 minutes, until onions are deep golden brown (onions will shrink during cooking). Cool slightly.

Heat oven to 325F.

Place bread slices on ungreased cookie sheet; spray lightly with non-stick cooking spray.

Bake 6 to 9 minutes or until crispy.

Meanwhile, in small bowl, combine goat cheese and cream cheese; blending until smooth; set aside.

Place 1 teaspoon caramelized onions onto each bread slice; top with 1 rounded teaspoon cheese mixture.

Sprinkle with herbs.

Nutrition Facts



PROTEIN 14.97% FAT 20.37% CARBS 64.66%

Properties

Glycemic Index:6.77, Glycemic Load:25.72, Inflammation Score:-5, Nutrition Score:8.7386956331523%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,
Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol:
0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.94mg, Quercetin:
1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 215.95kcal (10.8%), Fat: 4.91g (7.56%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 35.08g (11.69%), Net
Carbohydrates: 33.52g (12.19%), Sugar: 4.39g (4.88%), Cholesterol: 5.75mg (1.92%), Sodium: 512.07mg (22.26%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Vitamin B1: 0.46mg (30.94%), Selenium: 18.82µg
(26.88%), Folate: 82.88µg (20.72%), Manganese: 0.36mg (17.81%), Vitamin B2: 0.3mg (17.79%), Vitamin B3: 3.13mg
(15.65%), Iron: 2.67mg (14.84%), Phosphorus: 86.96mg (8.7%), Copper: 0.14mg (7.05%), Fiber: 1.56g (6.25%),
Magnesium: 23.11mg (5.78%), Vitamin B6: 0.1mg (5.03%), Zinc: 0.75mg (4.98%), Calcium: 47.98mg (4.8%), Vitamin
K: 3.25µg (3.09%), Potassium: 99.13mg (2.83%), Vitamin B5: 0.28mg (2.81%), Vitamin A: 97.95IU (1.96%), Vitamin E:
0.28mg (1.89%)