



Caramelized Pear and Sage Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette whole-wheat white
- ☐ 3 bartlett pears cored ripe peeled chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter divided
- ☐ 0.3 cup mild cheese blue crumbled
- ☐ 6 sage leaves chopped
- ☐ 0.5 teaspoon salt

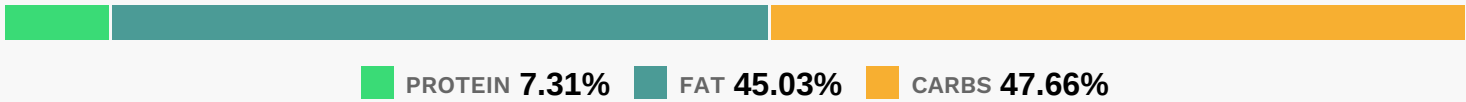
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Melt 3 tbsp. butter in a large frying pan over medium heat.
- ☐ Add pears and salt. Cook, stirring occasionally, until pears are soft, about 10 minutes.
- ☐ Meanwhile, cut baguette into 16 slices (1/4 in. thick; see Notes).
- ☐ Spread slices with remaining 1 tbsp. butter and arrange on a baking sheet in a single layer.
- ☐ Bake slices until well toasted, 10 to 15 minutes.
- ☐ When pears are soft, stir in sage and remove from heat. Top toasted baguette slices with pear mixture and blue cheese.
- ☐ Sprinkle with pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.9199999833237%

Nutrients (% of daily need)

Calories: 73.9kcal (3.7%), Fat: 3.71g (5.71%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.63g (2.78%), Sugar: 3.61g (4.01%), Cholesterol: 9.11mg (3.04%), Sodium: 168.06mg (7.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Fiber: 1.21g (4.83%), Copper: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.36%), Folate: 11.23µg (2.81%), Manganese: 0.05mg (2.72%), Vitamin B2: 0.04mg (2.53%), Selenium: 1.72µg (2.46%), Calcium: 23.47mg (2.35%), Vitamin A: 113.08IU (2.26%), Vitamin B3: 0.43mg (2.16%), Phosphorus: 20.15mg (2.02%), Iron: 0.35mg (1.92%), Vitamin C: 1.47mg (1.78%), Vitamin K: 1.85µg (1.76%), Potassium: 50.13mg (1.43%), Magnesium: 4.67mg (1.17%), Vitamin B6: 0.02mg (1.02%)