



Cherry and Plum Bruschetta

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 crusty baguette thick toasted sliced
- ☐ 1 cup cherries pitted halved
- ☐ 1 tablespoon olive oil plus more for drizzling
- ☐ 2 nectarines red pitted halved thinly sliced
- ☐ 4 servings sea salt (such as Maldon)
- ☐ 1 cup whole-milk ricotta cheese
- ☐ 2 tablespoons sugar divided
- ☐ 0.3 vanilla extract split pure

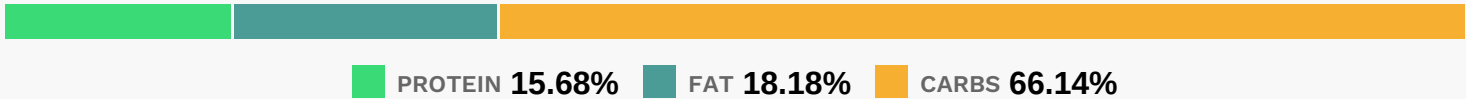
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine plums, cherries, 1 tablespoon sugar, 1 tablespoon oil, and a pinch of salt in a medium bowl. Scrape in seeds from vanilla bean (reserve pod for another use) or add vanilla extract; toss to combine.
- ☐ Let macerate just until fruit begins to release juices, 10–15 minutes.
- ☐ Meanwhile, whisk ricotta and remaining 1 tablespoon sugar in a medium bowl until smooth.
- ☐ Drizzle toast with oil, spread with ricotta mixture, and top with fruit.
- ☐ Drizzle with more oil, if desired, and juices from bowl.
- ☐ Sprinkle with salt.
- ☐ Bon Appétit
- ☐ Per serving: 290 calories, 13 g fat, 2 g fiber

Nutrition Facts



Properties

Glycemic Index:51.71, Glycemic Load:17.9, Inflammation Score:-4, Nutrition Score:6.3795651974885%

Flavonoids

Cyanidin: 11.93mg, Cyanidin: 11.93mg, Cyanidin: 11.93mg, Cyanidin: 11.93mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 233.78kcal (11.69%), Fat: 4.64g (7.14%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 35.53g (12.92%), Sugar: 19.45g (21.61%), Cholesterol: 9.84mg (3.28%), Sodium: 460.86mg (20.04%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 9g (18.01%), Vitamin B1: 0.22mg (14.36%), Calcium: 137.34mg (13.73%), Vitamin B3: 2.27mg (11.34%), Manganese: 0.21mg (10.42%), Fiber: 2.45g (9.78%), Folate: 39.08µg (9.77%), Iron: 1.44mg (8%), Vitamin B2: 0.13mg (7.77%), Selenium: 5.41µg (7.73%), Vitamin E: 1.05mg (7.01%), Potassium: 208.64mg (5.96%), Copper: 0.12mg (5.87%), Phosphorus: 55.4mg (5.54%), Vitamin C: 4.47mg (5.42%), Vitamin A: 257.8IU (5.16%), Vitamin K: 5.19µg (4.94%), Magnesium: 18.32mg (4.58%), Vitamin B6: 0.07mg (3.36%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.42mg (2.81%)