



Crostini with Caramelized Onion Jam

 Vegetarian

READY IN



75 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 slices crusty baguette french (1/)
- 2 tablespoons brown sugar packed
- 2 oz cream cheese softened (goat)
- 2 teaspoons garlic finely chopped
- 1 teaspoon kosher salt (coarse)
- 1 teaspoon oregano fresh chopped
- 0.3 cup red wine vinegar
- 2 cups onion sweet thinly sliced

- 0.5 cup vegetable stock
- 2 tablespoons vegetable oil

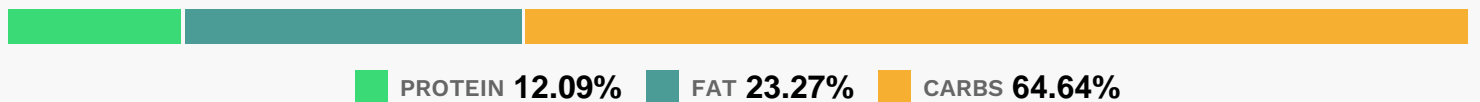
Equipment

- baking sheet
- sauce pan
- oven

Directions

- In 2-quart saucepan, heat oil over medium-high heat. Stir in onions and garlic; cook uncovered 10 minutes, stirring every 3 to 4 minutes.
- Add salt, brown sugar, vinegar and broth.
- Heat to boiling; reduce heat. Cover and simmer 30 minutes.
- Remove cover, increase heat to medium-high. Cook 2 to 5 minutes, stirring frequently, until most of the liquid is reduced and the mixture is the consistency of jam.
- Remove from heat; set aside.
- Heat oven to 325°F.
- Place bread slices on ungreased cookie sheet; spray lightly with cooking spray.
- Bake 6 to 9 minutes or until crispy.
- Place 1 teaspoon caramelized onions on each bread slice; top with 1 rounded teaspoon cream cheese.
- Sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:10.65, Inflammation Score:-3, Nutrition Score:3.9443477949371%

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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 110.55kcal (5.53%), Fat: 2.84g (4.36%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 16.89g (6.14%), Sugar: 3.28g (3.64%), Cholesterol: 2.39mg (0.8%), Sodium: 323.27mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin B1: 0.19mg (12.86%), Folate: 37.73µg (9.43%), Manganese: 0.17mg (8.46%), Selenium: 5.83µg (8.32%), Vitamin B3: 1.48mg (7.4%), Iron: 1.2mg (6.64%), Vitamin B2: 0.11mg (6.56%), Calcium: 41.38mg (4.14%), Phosphorus: 37.27mg (3.73%), Vitamin K: 3.66µg (3.48%), Fiber: 0.83g (3.33%), Vitamin B6: 0.06mg (2.82%), Magnesium: 10.21mg (2.55%), Copper: 0.05mg (2.43%), Zinc: 0.29mg (1.92%), Potassium: 63.04mg (1.8%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.22mg (1.49%)