



Crostini With Fontina and Tomato Marmalade From 'The Glorious Vegetables of Italy

READY IN



120 min.

SERVINGS



8

CALORIES



597 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoons aged balsamic vinegar
- 1 slices crusty baguette thin (ficelle)
- 2 bay leaves
- 2 pepper flakes fresh such as cayenne
- 8 servings accompaniment: crostini
- 227 g fontina grated
- 2 juice of lemon freshly squeezed cut into strips
- 8 servings jam

- 2.3 kg plum tomatoes washed ripe
- 1 teaspoon sea salt
- 400 g sugar
- 115 g tomatoes (above)

Equipment

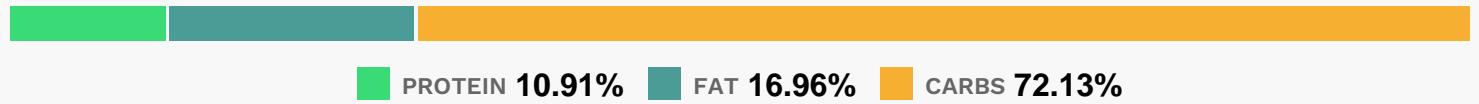
- baking sheet
- sauce pan
- oven
- pot
- broiler
- peeler

Directions

- To make the marmalade: Wash and then sterilize five 1/2-pt (240-ml) glass jars and their lids by immersing them in boiling water for 10 minutes.
- Trim the stem end off the tomatoes. With a vegetable peeler, slice the skin off the tomatoes in strips and discard.
- Cut the tomatoes in half lengthwise and push out the seeds with your thumb (I do this over the sink).
- Cut the tomato halves in half again lengthwise, and then cut each quarter into 3 or 4 pieces. Toss the tomato pieces into a large heavy-bottomed nonreactive saucepan.
- Put the sugar, lemon zest and juice, vinegar, salt, cloves, bay leaves, and chile peppers into the pot with the tomatoes. Set the pot over medium heat and bring to a simmer. Cook at a fairly lively simmer for about 1 1/2 hours or until the marmalade is glossy and thick enough to spread. Be sure to stir often to prevent burning. When the marmalade is ready, remove the bay leaves and the cloves.
- Spoon the marmalade into the sterilized jars, screw the lids on, and process for 15 minutes in a boiling water bath. Store in a cool dark place for up to 1 year. Or store the marmalade in the refrigerator, where it will keep for at least 2 months.
- To make the crostini: Position an oven rack 4 inches (10 cm) from the broiler and turn the broiler on.

- Spread the tomato marmalade on the ficelle slices and top each with a mound of shredded cheese. Arrange the slices on a rimmed baking sheet. Broil for 1 to 2 minutes, or until bubbly and browned.
- Transfer the crostini to a platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.32, Glycemic Load:68.55, Inflammation Score:-9, Nutrition Score:23.623043386833%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 596.92kcal (29.85%), Fat: 11.53g (17.74%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 110.34g (36.78%), Net Carbohydrates: 104.87g (38.13%), Sugar: 72.25g (80.28%), Cholesterol: 32.92mg (10.97%), Sodium: 961.47mg (41.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.39%), Vitamin C: 62.2mg (75.39%), Vitamin A: 2882.78IU (57.66%), Vitamin B1: 0.53mg (35.1%), Manganese: 0.7mg (35.05%), Folate: 126.08µg (31.52%), Vitamin K: 28.2µg (26.86%), Calcium: 265.1mg (26.51%), Vitamin B3: 5.08mg (25.39%), Potassium: 880.71mg (25.16%), Phosphorus: 244.87mg (24.49%), Selenium: 16.58µg (23.68%), Fiber: 5.47g (21.87%), Vitamin B2: 0.37mg (21.71%), Vitamin B6: 0.4mg (20.03%), Iron: 3.5mg (19.44%), Copper: 0.31mg (15.38%), Magnesium: 58.97mg (14.74%), Zinc: 2.1mg (13.98%), Vitamin E: 2.02mg (13.45%), Vitamin B12: 0.48µg (7.95%), Vitamin B5: 0.68mg (6.84%), Vitamin D: 0.17µg (1.13%)