



Crostini with Gorgonzola, Caramelized Onions, and Fig Jam

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 12 ounces diagonally bread baguette french toasted cut ()
- ☐ 6 ounces mission figs dried black
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 4 ounces gorgonzola cheese softened
- ☐ 1 teaspoon juice of lemon

- ☐ 2 tablespoons maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 2 cups water
- ☐ 2 cups onion yellow vertically sliced

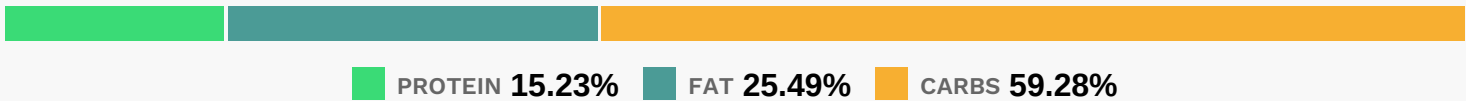
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare jam, remove stems from figs.
- ☐ Place figs and juice in a food processor; process until figs are coarsely chopped.
- ☐ Place fig mixture, 2 cups water, syrup, and dash of salt in a medium saucepan; bring to a boil. Reduce heat, and simmer 25 minutes or until thick. Cool completely.
- ☐ To prepare onions, heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion, vinegar, 1/2 teaspoon thyme, and 1/4 teaspoon salt; cover and cook 5 minutes. Uncover and cook 20 minutes or until onion is deep golden brown, stirring occasionally. While onion cooks, add 1/2 cup water, 1/4 cup at a time, to keep onion from sticking to pan.
- ☐ Spread 1 teaspoon cheese over each baguette slice. Top each slice with about 1 teaspoon onion mixture and 1 teaspoon jam.
- ☐ Sprinkle evenly with thyme leaves.

Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:10.12, Inflammation Score:-5, Nutrition Score:6.3043477898059%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 141.9kcal (7.1%), Fat: 4.07g (6.26%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 19.27g (7.01%), Sugar: 7.18g (7.98%), Cholesterol: 7.09mg (2.36%), Sodium: 298.05mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Manganese: 0.47mg (23.65%), Selenium: 9.7µg (13.85%), Calcium: 102.42mg (10.24%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.14mg (9.5%), Vitamin B3: 1.78mg (8.88%), Folate: 33.61µg (8.4%), Phosphorus: 83.24mg (8.32%), Fiber: 2.03g (8.14%), Iron: 1.21mg (6.72%), Magnesium: 20.44mg (5.11%), Vitamin B6: 0.1mg (4.81%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.65mg (4.3%), Potassium: 145.91mg (4.17%), Copper: 0.07mg (3.7%), Vitamin C: 2.88mg (3.48%), Vitamin K: 2.39µg (2.28%), Vitamin A: 105.23IU (2.1%), Vitamin B12: 0.12µg (1.92%)