



Crostini with Honey, Gorgonzola, and Figs



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 calimyrna figs dried cut lengthwise into 4 slices
- ☐ 2 ounces gorgonzola cheese blue
- ☐ 1 tablespoon honey
- ☐ 4 ounces bread italian toasted ()
- ☐ 0.5 cup water

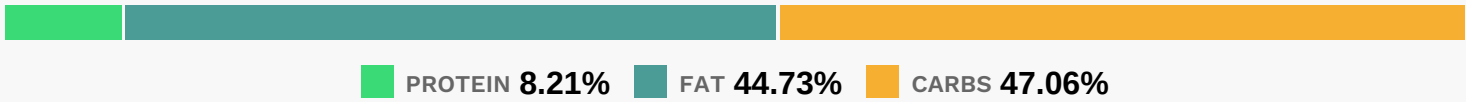
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place water and figs in a 2-cup glass measure. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 2 minutes.
- ☐ Drain; discard liquid.
- ☐ Spread honey evenly over bread slices, and spread the cheese (at room temperature) over honey. Top each bread slice with 3 fig slices.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:4.9, Inflammation Score:-1, Nutrition Score:2.5400000259928%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 139.84kcal (6.99%), Fat: 7.15g (11%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.34g (5.58%), Sugar: 12.68g (14.09%), Cholesterol: 5.32mg (1.77%), Sodium: 135.31mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Fiber: 1.59g (6.36%), Calcium: 51.15mg (5.11%), Vitamin B3: 0.86mg (4.32%), Potassium: 137.27mg (3.92%), Phosphorus: 38.03mg (3.8%), Vitamin B2: 0.06mg (3.5%), Folate: 13.78µg (3.45%), Vitamin B1: 0.04mg (2.96%), Vitamin B6: 0.05mg (2.74%), Magnesium: 10.62mg (2.65%), Iron: 0.47mg (2.61%), Manganese: 0.05mg (2.54%), Vitamin B5: 0.24mg (2.37%), Vitamin A: 107.33IU (2.15%), Zinc: 0.28mg (1.87%), Vitamin K: 1.93µg (1.84%), Copper: 0.03mg (1.62%), Selenium: 1.12µg (1.61%), Vitamin B12: 0.09µg (1.44%)