



Crostini with Mascarpone, Grilled Scallion, Tomato and Balsamic Glaze

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



898 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups balsamic vinegar with a little honey
- 4 servings canola oil
- 1 loaf bread french italian cut into 1/2 slices
- 1 cup mascarpone cheese
- 4 servings olive oil
- 4 plum tomatoes thick cut into slices
- 4 servings salt and pepper black

1 bunch spring onion cut in bite-size pieces

Equipment

grill

Directions

Watch how to make this recipe.

Preheat the grill to high heat.

Brush the bread with olive oil and sprinkle with salt and pepper, to taste. Put on the grill and cook until lightly toasted.

Brush the tomatoes with canola oil and grill until slightly charred.

Remove and coarsely chop.

Remove the bread from the grill and spread the slices with mascarpone. Season with salt and pepper, to taste.

Put the bread back on the grill over indirect heat to warm the cheese.

Remove the crostini from the grill to a serving platter and top with the tomato and scallions.

Drizzle with balsamic glaze, sprinkle with more salt and pepper, to taste, and serve.

Nutrition Facts



PROTEIN 7.3% **FAT 57.32%** **CARBS 35.38%**

Properties

Glycemic Index:50.13, Glycemic Load:51.59, Inflammation Score:-8, Nutrition Score:19.699130535126%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 897.92kcal (44.9%), Fat: 55.87g (85.95%), Saturated Fat: 19.26g (120.38%), Carbohydrates: 77.59g (25.86%), Net Carbohydrates: 74.49g (27.09%), Sugar: 25.45g (28.28%), Cholesterol: 56.25mg (18.75%), Sodium: 860.39mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Vitamin B1: 0.74mg (49.08%), Selenium: 28.64µg (40.91%), Manganese: 0.77mg (38.59%), Vitamin K: 36.43µg (34.69%), Folate: 136.14µg (34.03%), Vitamin E: 5.04mg (33.63%), Iron: 5.16mg (28.69%), Vitamin A: 1363.78IU (27.28%), Vitamin B3: 5.22mg (26.1%), Vitamin B2: 0.44mg (26.09%), Calcium: 175.96mg (17.6%), Phosphorus: 146.32mg (14.63%), Magnesium: 55.33mg (13.83%), Fiber: 3.1g (12.4%), Potassium: 423.48mg (12.1%), Vitamin C: 9.62mg (11.66%), Copper: 0.23mg (11.34%), Zinc: 1.27mg (8.48%), Vitamin B6: 0.16mg (8.01%), Vitamin B5: 0.39mg (3.94%)