



## Crostini with Peaches and Blue Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 36 slices crusty baguette thin
- 2 tablespoons balsamic vinegar
- 4 ounces cheese blue crumbled
- 36 servings olive oil
- 3 cups peaches peeled thinly sliced ( 3 medium)

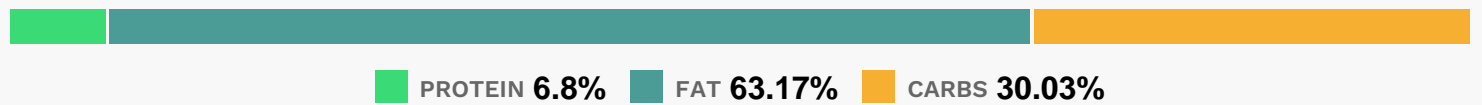
### Equipment

- baking sheet

## Directions

- Brush baguette slices with olive oil; place on a baking sheet. Broil until toasted and crisp. Cool completely.
- Toss peaches gently with vinegar. Top crostini with peaches and blue cheese.
- Sprinkle with pepper, if desired. Broil until cheese is hot, soft, and very lightly browned.
- From Good Day for a Picnic by Jeremy Jackson (William Morrow, an imprint of Harper Collins, 2005)

## Nutrition Facts



## Properties

Glycemic Index:5.25, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:4.9417391280117%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 223.93kcal (11.2%), Fat: 15.81g (24.33%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 16.05g (5.84%), Sugar: 2.73g (3.03%), Cholesterol: 2.36mg (0.79%), Sodium: 236.14mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin E: 2.21mg (14.74%), Vitamin B1: 0.19mg (12.68%), Vitamin K: 9.85µg (9.38%), Folate: 36.14µg (9.04%), Selenium: 6.23µg (8.9%), Vitamin B3: 1.59mg (7.94%), Manganese: 0.16mg (7.89%), Vitamin B2: 0.12mg (6.98%), Iron: 1.24mg (6.9%), Calcium: 51.13mg (5.11%), Phosphorus: 45.58mg (4.56%), Fiber: 0.86g (3.46%), Magnesium: 10.18mg (2.54%), Copper: 0.05mg (2.51%), Zinc: 0.37mg (2.45%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.2mg (1.95%), Potassium: 64.54mg (1.84%), Vitamin A: 65.87IU (1.32%)