



Crostini with Poached Figs and Goat Cheese

READY IN



60 min.

SERVINGS



20

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 loaf country bread white cut into 1/2-inch slices, and then cut into shapes, optional
- ☐ 2 cups cooking wine dry red such as pinot noir
- ☐ 4 ounces mission figs dried
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh sliced for sprinkling
- ☐ 8 ounces goat cheese at room temperature
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon 1 small lemon

- ☐ 2 tablespoons olive oil
- ☐ 3 ounces pancetta sliced into 1/ slices
- ☐ 2 star anise whole

Equipment

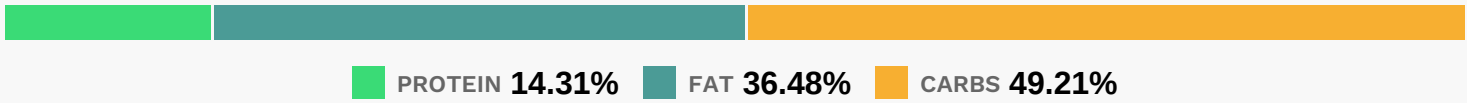
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan combine the wine, 2 tablespoons of the honey, the figs and star anise. Bring to a boil over medium heat. Reduce the heat to low and simmer until the figs are plump and tender, about 20 minutes.
- ☐ Transfer the figs to a cutting board to cool for 5 minutes. Then cut the figs into 1/4-inch slices. Discard the anise and bring the liquid back up to a boil over medium heat. Cook until the mixture is thick and reduced to 1/4 cup, about 10 minutes.
- ☐ Transfer the syrup to a small bowl and cool to room temperature.
- ☐ Place a rack in the center of the oven and preheat to 375 degrees F.
- ☐ Place the pancetta on a baking sheet and bake until the slices are crispy and brown, about 6 minutes. Set aside to cool then roughly chop.
- ☐ Brush the bread slices with the oil.
- ☐ Place on a baking sheet and bake until lightly toasted, about 8 minutes.
- ☐ Transfer to a cooling rack.
- ☐ In a medium bowl combine the goat cheese, lemon juice, remaining 1 teaspoon honey, the chopped mint and the salt.

Spread 1 tablespoon of the goat cheese mixture onto each crostini. Top with fig slices, pancetta crumbles and a sprinkle of sliced mint. Just before serving, drizzle with the reserved syrup.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:13.39, Inflammation Score:-3, Nutrition Score:5.4299999980823%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 183.37kcal (9.17%), Fat: 6.74g (10.37%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 19.44g (7.07%), Sugar: 4.6g (5.11%), Cholesterol: 8.02mg (2.67%), Sodium: 261.49mg (11.37%), Alcohol: 2.52g (100%), Alcohol %: 3.76% (100%), Protein: 5.95g (11.9%), Vitamin B1: 0.2mg (13.1%), Selenium: 9.1µg (12.99%), Manganese: 0.23mg (11.53%), Folate: 40.37µg (10.09%), Vitamin B3: 1.88mg (9.38%), Calcium: 91.93mg (9.19%), Iron: 1.48mg (8.21%), Vitamin B2: 0.13mg (7.86%), Phosphorus: 75.38mg (7.54%), Copper: 0.13mg (6.73%), Fiber: 1.01g (4.04%), Vitamin B6: 0.08mg (3.99%), Magnesium: 13.18mg (3.29%), Zinc: 0.48mg (3.19%), Vitamin B5: 0.31mg (3.06%), Vitamin A: 148.96IU (2.98%), Vitamin E: 0.32mg (2.16%), Potassium: 71.27mg (2.04%), Vitamin K: 1.38µg (1.32%), Vitamin C: 0.89mg (1.07%)