



# Crostini with Roasted Garlic, Goat Cheese and Apple Chutney

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 teaspoons ginger fresh minced peeled
- 1 cup plum tomatoes diced seeded
- 0.1 teaspoon ground pepper
- 1.5 pounds apples i use 2 granny smith apples cored peeled cut into -inch pieces ( 4 cups)
- 12 ounces goat cheese fresh soft room temperature (such as Montrachet)
- 2 garlic clove minced
- 8 servings olive oil

- 1 cup golden raisins
- 8 servings roasted garlic
- 1 bread cut into 1/3-inch-thick slices
- 1 cup brown sugar packed ( )
- 0.8 cup rice vinegar
- 1 cinnamon sticks
- 1 tablespoon mint leaves fresh chopped
- 8 servings frangelico good
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## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Stir sugar and vinegar in heavy large saucepan over medium heat until sugar dissolves.
- Add next 4 ingredients and simmer until mixture is syrupy and reduced to 1/2 cup, about 8 minutes.
- Mix in apples and raisins. Increase heat to high and boil until apples are tender, stirring frequently, about 10 minutes. Cool to room temperature. (Chutney can be made 3 days ahead; cover and refrigerate.)
- Mix in tomatoes and mint.
- Preheat oven to 450°F. Arrange baguette slices on baking sheet and brush with olive oil.
- Bake until golden and crisp, about 8 minutes.
- Spread each toast with roasted garlic; top with goat cheese and chutney.

## Nutrition Facts



**PROTEIN 9.68%** **FAT 36.31%** **CARBS 54.01%**

## Properties

Glycemic Index:46.15, Glycemic Load:31.54, Inflammation Score:-7, Nutrition Score:15.493912945623%

## Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 592.62kcal (29.63%), Fat: 24.5g (37.69%), Saturated Fat: 8.46g (52.89%), Carbohydrates: 82.01g (27.34%), Net Carbohydrates: 77.41g (28.15%), Sugar: 49.78g (55.31%), Cholesterol: 19.56mg (6.52%), Sodium: 471.38mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.39%), Manganese: 0.6mg (30.13%), Vitamin B1: 0.42mg (27.99%), Copper: 0.52mg (26.18%), Vitamin B2: 0.44mg (26.11%), Selenium: 16.62µg (23.74%), Phosphorus: 207.41mg (20.74%), Iron: 3.69mg (20.48%), Folate: 75.33µg (18.83%), Fiber: 4.6g (18.39%), Vitamin E: 2.56mg (17.04%), Vitamin B6: 0.34mg (16.88%), Vitamin B3: 3.13mg (15.66%), Vitamin A: 772.73IU (15.45%), Calcium: 140.4mg (14.04%), Vitamin K: 14.61µg (13.92%), Potassium: 425.72mg (12.16%), Vitamin C: 9.97mg (12.09%), Magnesium: 41.28mg (10.32%), Zinc: 1.12mg (7.5%), Vitamin B5: 0.62mg (6.23%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)