



## Crostini with Sun-Dried Tomato Jam

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 baguette cut into 3/4-inch slices
- 0.5 teaspoon pepper black freshly ground
- 6 servings pepper black freshly ground
- 0.5 cup chicken broth
- 1 teaspoon thyme leaves fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 clove garlic minced
- 5 ounces goat cheese room temperature

- 0.3 cup olive oil
- 1 tablespoon olive oil
- 0.5 onion thinly sliced
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 6 servings salt
- 2 tablespoons sugar
- 8 ounce sun-dried tomatoes packed in oil, drained and chopped, oil reserved
- 1 cup water

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil
- pastry brush

## Directions

- Watch how to make this recipe.
- Place a medium saucepan over medium heat.
- Add the chopped sun-dried tomatoes, 1 tablespoon of the reserved sun-dried tomato oil, olive oil, onion, and garlic. Stir and cook until the onions are soft and beginning to brown at the edges, about 5 to 7 minutes.
- Add the sugar, vinegar, water, chicken broth, thyme, salt, and pepper. Bring the liquid to a boil, reduce the heat, and simmer, covered, for 30 minutes.
- Remove the cover and continue simmering until most of the liquid is reduced and the mixture is the consistency of jam, about 5 to 10 more minutes.
- Remove from the heat and set aside.
- Preheat the oven to 400 degrees F. Line a baking sheet with foil.

- Place the baguette slices on the baking sheet. Using a pastry brush, lightly coat the baguette slices with olive oil.
- Sprinkle with salt and pepper.
- Bake until lightly toasted, about 8 minutes.
- Place the soft goat cheese in a small bowl. Stir in the thyme.
- Spread the crostini with sun-dried tomato jam and top with the goat cheese and herb mixture.
- Transfer to a serving plate and serve.

## Nutrition Facts



■ **PROTEIN 13.64%**
■ **FAT 40.9%**
■ **CARBS 45.46%**

### Properties

Glycemic Index:63.81, Glycemic Load:21.79, Inflammation Score:-9, Nutrition Score:20.229130555754%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

### Nutrients (% of daily need)

Calories: 392.55kcal (19.63%), Fat: 18.66g (28.71%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 40.77g (14.83%), Sugar: 20.85g (23.17%), Cholesterol: 11.26mg (3.75%), Sodium: 848.75mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28.01%), Manganese: 1mg (50.04%), Potassium: 1387.03mg (39.63%), Copper: 0.79mg (39.25%), Iron: 5.68mg (31.54%), Vitamin B1: 0.47mg (31.25%), Vitamin B3: 5.49mg (27.46%), Vitamin B2: 0.43mg (25.23%), Phosphorus: 241.11mg (24.11%), Vitamin K: 25.23µg (24.03%), Fiber: 5.9g (23.59%), Magnesium: 92.04mg (23.01%), Vitamin C: 17.3mg (20.97%), Folate: 75.37µg (18.84%), Selenium: 10.14µg (14.49%), Calcium: 129.61mg (12.96%), Vitamin A: 624IU (12.48%), Vitamin B6: 0.25mg (12.47%), Vitamin E: 1.81mg (12.08%), Vitamin B5: 1.13mg (11.31%), Zinc: 1.36mg (9.09%)