



Crostini with Sweet Ricotta, Honey and Toasted Hazelnuts

 Vegetarian

READY IN



7 min.

SERVINGS



4

CALORIES



485 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baguette sliced
- 4 servings figs quartered
- 1.3 cups ricotta fresh
- 0.3 cup blanched hazelnuts toasted chopped
- 0.3 cup r honey
- 1 cranberry-orange relish

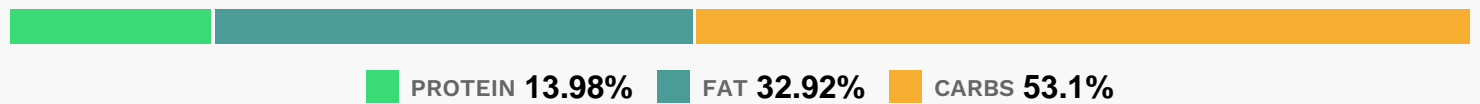
Equipment

- oven
- grill
- broiler

Directions

- Watch how to make this recipe.
- Preheat a broiler, oven or grill to medium-high heat .
- Toast the bread until lightly golden brown on both sides—the bread should be crisp but still tender on the inside, not brittle. Dollop some ricotta on each slice of toast.
- Drizzle a little honey over all, and then zest the orange over the tops. Scatter the hazelnuts on top, put a wedge of fruit on each toast and finish with another drizzle of honey.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:35.05, Inflammation Score:-8, Nutrition Score:23.109565268392%

Flavonoids

Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.39mg, Naringenin: 5.39mg, Naringenin: 5.39mg, Naringenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 485.41kcal (24.27%), Fat: 18.32g (28.18%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 60.48g (21.99%), Sugar: 31.07g (34.53%), Cholesterol: 39.53mg (13.18%), Sodium: 453.64mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.99%), Vitamin C: 102.83mg (124.64%), Manganese: 1.49mg (74.66%), Vitamin B1: 0.5mg (33.41%), Folate: 132.28µg (33.07%), Selenium: 23.14µg (33.05%), Calcium: 274.86mg (27.49%), Phosphorus: 250.82mg (25.08%), Vitamin B2: 0.42mg (24.46%), Fiber: 5.99g (23.96%), Iron: 3.63mg (20.18%), Vitamin B3: 3.77mg (18.86%), Copper: 0.36mg (17.77%), Magnesium: 63.49mg (15.87%), Vitamin E: 2.24mg (14.95%), Potassium: 517.49mg (14.79%), Zinc: 1.91mg (12.73%), Vitamin B6: 0.25mg (12.35%), Vitamin A: 437.84IU (8.76%), Vitamin B5: 0.77mg (7.69%), Vitamin K: 7.32µg (6.97%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.16µg (1.03%)