



Fig-and-Blue Cheese Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz cheese blue crumbled
- ☐ 3 oz cream cheese softened
- ☐ 0.5 cup fig preserves
- ☐ 36 slices baguette french (1/4-inch-thick)

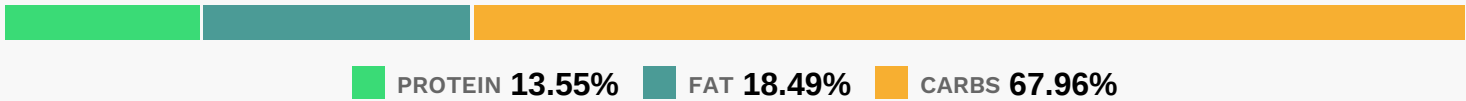
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Broil French baguette slices on a baking sheet 3 inches from heat 1 to 2 minutes on each side or until lightly toasted.
- ☐ Remove baking sheet, and reduce oven temperature to 35
- ☐ Stir together cream cheese and blue cheese in a small bowl until well blended.
- ☐ Spread a heaping 1/2 tsp. cream cheese mixture onto each baguette slice; top each with a rounded 1/2 tsp. fig preserves.
- ☐ Bake at 350 on middle rack for 8 to 10 minutes or until thoroughly heated.
- ☐ Note: For testing purposes only, we used Braswell's Fig Preserves.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:28.24, Inflammation Score:-4, Nutrition Score:8.767826176208%

Nutrients (% of daily need)

Calories: 252.86kcal (12.64%), Fat: 5.14g (7.9%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 40.79g (14.83%), Sugar: 7.46g (8.28%), Cholesterol: 8.56mg (2.85%), Sodium: 538.29mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.95%), Vitamin B1: 0.45mg (30.04%), Folate: 84.87µg (21.22%), Selenium: 14.39µg (20.56%), Manganese: 0.36mg (18.02%), Vitamin B3: 3.53mg (17.67%), Vitamin B2: 0.28mg (16.45%), Iron: 2.7mg (15.02%), Calcium: 107.59mg (10.76%), Phosphorus: 95.07mg (9.51%), Fiber: 1.69g (6.78%), Magnesium: 21.65mg (5.41%), Copper: 0.1mg (5.15%), Zinc: 0.74mg (4.93%), Vitamin B6: 0.09mg (4.54%), Vitamin B5: 0.39mg (3.89%), Potassium: 118.14mg (3.38%), Vitamin K: 2.51µg (2.39%), Vitamin A: 104.99IU (2.1%), Vitamin E: 0.29mg (1.93%)