



Fig and Brie Crostini

 Vegetarian

READY IN



515 min.

SERVINGS



12

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce round brie cheese cut into bite-size pieces
- ☐ 0.3 cup brown sugar
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 cup cider vinegar
- ☐ 1 cup figs dried finely chopped
- ☐ 8 ounce bread french cut into 1-inch slices
- ☐ 1 pinch garlic powder
- ☐ 1 apples i use 2 granny smith apples cut into matchstick-size pieces

- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon oregano
- ☐ 0.3 cup onion white minced

Equipment

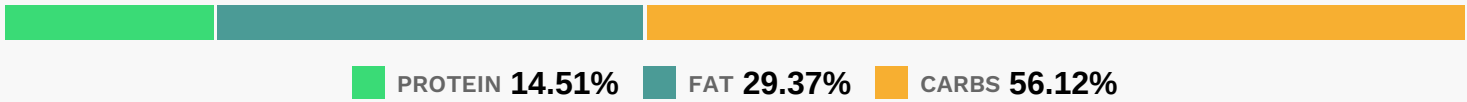
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Combine figs, vinegar, brown sugar, onion, ginger, garlic powder, cayenne pepper, cloves, and cinnamon in a saucepan; simmer over low heat, stirring occasionally, until fig spread is reduced, about 30 minutes.
- ☐ Transfer fig spread to a bowl, cover with plastic wrap, and refrigerate, 8 hours to overnight.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Arrange bread slices on a baking sheet. Lightly spray both sides of each bread slice with olive oil cooking spray.
- ☐ Bake bread slices under the broiler until toasted, about 2 minutes per side.
- ☐ Remove bread from oven and cool slightly, keeping broiler on.
- ☐ Blend fig spread in a blender or food processor until pureed.
- ☐ Spread about 1 teaspoon fig spread onto each toasted bread slice; top with Brie cheese and apple pieces.
- ☐ Sprinkle each crostini with oregano.

Broil crostini in the preheated oven until Brie cheese is melted and browned, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:10.33, Inflammation Score:-5, Nutrition Score:5.9743478350017%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 175.68kcal (8.78%), Fat: 5.86g (9.02%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 22.94g (8.34%), Sugar: 13.13g (14.59%), Cholesterol: 18.9mg (6.3%), Sodium: 236.12mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Manganese: 0.26mg (13.14%), Selenium: 8.37µg (11.96%), Vitamin B2: 0.2mg (11.56%), Vitamin B1: 0.16mg (10.86%), Folate: 38.8µg (9.7%), Fiber: 2.26g (9.03%), Calcium: 77.88mg (7.79%), Iron: 1.34mg (7.43%), Phosphorus: 68.15mg (6.81%), Vitamin B3: 1.11mg (5.55%), Magnesium: 21.63mg (5.41%), Vitamin K: 5.47µg (5.21%), Vitamin B12: 0.31µg (5.2%), Zinc: 0.76mg (5.07%), Potassium: 176.51mg (5.04%), Vitamin B6: 0.1mg (4.76%), Copper: 0.08mg (3.98%), Vitamin B5: 0.27mg (2.71%), Vitamin A: 132.03IU (2.64%), Vitamin E: 0.24mg (1.58%), Vitamin C: 1.11mg (1.35%)