



Fig and Feta Crostini

READY IN



5 min.

SERVINGS



24

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette
- ☐ 4 ounce cream cheese room temperature
- ☐ 8 ounce feta cheese crumbled room temperature
- ☐ 0.5 cup honey
- ☐ 1 tablespoon lemon thyme leaves fresh plus more for garnish
- ☐ 2 tablespoon very olive oil good
- ☐ 0.3 pound pancetta very thin sliced

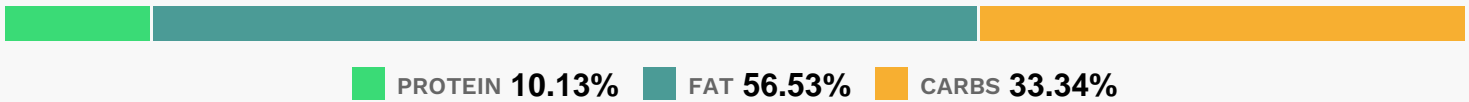
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Pre-heat the broiler.
- ☐ Cut the baguette in to 24 slices about ¼" thick. Move them to a baking sheet and brush the top-side with the olive oil. Broil until toasted on one side 1 or 2 minutes. Set aside.In a small bowl vigorously beat both cheeses together,
- ☐ Add the honey and the thyme leaves and continue mixing until a smooth texture is achieved.Spoon about 1 teaspoon of the cheese mixture onto each toast round. Then artfully arrange a piece of prosciutto onto each toast.
- ☐ Garnish with additional thyme leaves.Spoon about 1 teaspoon of the cheese mixture onto each fig half and also garnish with thyme.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:2.4508695991143%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 106.85kcal (5.34%), Fat: 6.85g (10.53%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 8.92g (3.24%), Sugar: 6.22g (6.91%), Cholesterol: 16.3mg (5.43%), Sodium: 186.36mg (8.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B2: 0.12mg (6.78%), Calcium: 58.49mg (5.85%), Selenium: 3.73µg (5.32%), Phosphorus: 49.25mg (4.92%), Vitamin B1: 0.06mg (3.94%), Vitamin B12: 0.19µg (3.23%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.41mg (2.76%), Vitamin B3: 0.54mg (2.69%), Vitamin A: 118.94IU (2.38%), Folate: 9.29µg (2.32%), Iron: 0.35mg (1.96%), Manganese: 0.04mg (1.93%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.17mg (1.7%), Magnesium: 4.75mg (1.19%), Vitamin K: 1.13µg (1.07%)