



WHATSheATE



Fig and Goat Cheese Bruschetta



Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces bread baguette french toasted ()
- ☐ 9 ounces mission figs dried chopped
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 10 ounces goat cheese crumbled
- ☐ 0.3 cup orange juice fresh (1 orange)
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup orange sections coarsely chopped

- ☐ 0.3 cup sugar
- ☐ 5 teaspoons walnuts finely chopped

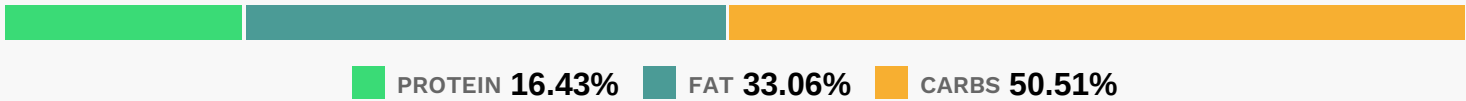
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Combine first 7 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until figs are tender. Uncover and cook 5 minutes or until mixture thickens.
- ☐ Remove from heat; cool to room temperature.
- ☐ Preheat broiler.
- ☐ Top each bread slice with 1 1/2 teaspoons fig mixture and 1 1/2 teaspoons goat cheese. Arrange bruschetta on a baking sheet; sprinkle evenly with walnuts. Broil 2 minutes or until nuts begin to brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:8.48, Inflammation Score:-2, Nutrition Score:3.398695645125%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 97.24kcal (4.86%), Fat: 3.65g (5.62%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.8g (4.29%), Sugar: 6.7g (7.44%), Cholesterol: 6.52mg (2.17%), Sodium: 120.65mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Copper: 0.14mg (7.09%), Vitamin B1: 0.11mg (7.08%), Vitamin B2: 0.11mg (6.63%), Manganese: 0.11mg (5.58%), Selenium: 3.73µg (5.33%), Phosphorus: 52.9mg (5.29%), Vitamin C: 4.06mg (4.92%), Folate: 19.08µg (4.77%), Iron: 0.79mg (4.39%), Vitamin A: 180.29IU (3.61%), Vitamin B3: 0.69mg (3.45%), Vitamin B6: 0.07mg (3.42%), Calcium: 32.66mg (3.27%), Fiber: 0.75g (3%), Magnesium: 9.68mg (2.42%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.29mg (1.92%), Potassium: 63.08mg (1.8%)