



Fig and Goat Cheese Crostini

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices crusty baguette (1/2-inch-thick)
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup figs dried black finely chopped
- ☐ 2 figs fresh ripe cut into 1/2-inch pieces
- ☐ 6 oz goat cheese soft at room temperature
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup port wine
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons shallots minced
- ☐ 24 servings thyme sprigs fresh
- ☐ 6 inch thyme sprigs fresh minced
- ☐ 0.5 bay leaves
- ☐ 1.5 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook shallot, thyme sprigs, and bay leaf in butter in a 1- to 1 1/2-quart heavy saucepan over moderately low heat, stirring, until shallot is softened, about 2 minutes.
- ☐ Add dried figs, Port, salt, and pepper and bring to a boil. Simmer, covered, until figs are soft, about 10 minutes. If there is still liquid in saucepan, remove lid and simmer, stirring, until most of liquid is evaporated, 3 to 4 minutes more. Discard bay leaf and thyme sprigs and transfer jam to a bowl. Cool, then stir in minced thyme and salt and pepper to taste.
- ☐ Put oven rack in middle position and preheat to 350°F.
- ☐ Halve each baguette slice diagonally, then arrange on a baking sheet and brush tops lightly with oil.
- ☐ Bake until lightly toasted, about 7 minutes. Cool on baking sheet on a rack.
- ☐ Spread each toast with 1 teaspoon fig jam and top with about 1 1/2 teaspoons goat cheese and 2 pieces fresh fig.
- ☐ •Fig jam can be made 1 day ahead and chilled, covered. Bring to room temperature before using. •Toasts can be made 1 day ahead and cooled, then kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.41, Glycemic Load:6.53, Inflammation Score:-7, Nutrition Score:3.1317391460357%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 94.1kcal (4.71%), Fat: 3.28g (5.04%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.55g (3.84%), Sugar: 3.38g (3.76%), Cholesterol: 5.14mg (1.71%), Sodium: 150.33mg (6.54%), Alcohol: 1.15g (100%), Alcohol %: 3.16% (100%), Protein: 3.03g (6.06%), Vitamin B1: 0.11mg (7.18%), Manganese: 0.13mg (6.4%), Vitamin B2: 0.09mg (5.34%), Iron: 0.95mg (5.26%), Folate: 19.58µg (4.9%), Copper: 0.09mg (4.49%), Selenium: 3.04µg (4.34%), Vitamin B3: 0.84mg (4.2%), Phosphorus: 37.7mg (3.77%), Calcium: 36.28mg (3.63%), Fiber: 0.86g (3.43%), Vitamin A: 160.43IU (3.21%), Vitamin B6: 0.06mg (2.77%), Magnesium: 9.88mg (2.47%), Vitamin C: 1.97mg (2.39%), Potassium: 66.19mg (1.89%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.55%), Vitamin K: 1.59µg (1.51%), Vitamin E: 0.18mg (1.18%)