



Fig and Gorgonzola Crostini with Honey



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



439 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bread
- ☐ 8 figs cut in half
- ☐ 0.5 cup gorgonzola crumbled room temperature
- ☐ 4 tablespoons honey
- ☐ 4 servings bell pepper to taste
- ☐ 1 teaspoon thyme leaves
- ☐ 4 tablespoon walnuts coarsely chopped

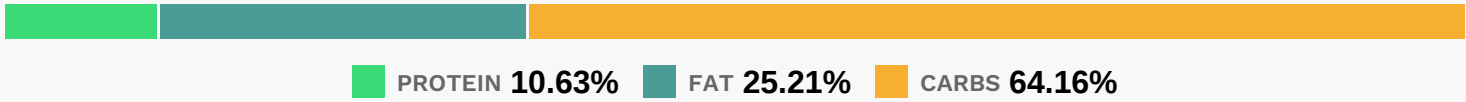
Equipment

☐ oven

Directions

- ☐ Sprinkle the gorgonzola on the bread, top with the figs, thyme, walnuts and pepper.Broil in the oven until the cheese just starts to melt.
- ☐ Drizzle with honey and enjoy!

Nutrition Facts



Properties

Glycemic Index:77.26, Glycemic Load:41.28, Inflammation Score:-10, Nutrition Score:22.944782660059%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 438.74kcal (21.94%), Fat: 12.85g (19.77%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 73.6g (24.53%), Net Carbohydrates: 67.01g (24.37%), Sugar: 40g (44.45%), Cholesterol: 10.59mg (3.53%), Sodium: 563.02mg (24.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.39%), Vitamin C: 98.4mg (119.27%), Vitamin A: 2608.12IU (52.16%), Manganese: 0.88mg (43.82%), Vitamin B1: 0.51mg (34.08%), Folate: 124.28µg (31.07%), Fiber: 6.59g (26.36%), Vitamin B6: 0.48mg (24.01%), Vitamin B2: 0.4mg (23.42%), Vitamin B3: 4.33mg (21.63%), Selenium: 13.99µg (19.98%), Calcium: 195.08mg (19.51%), Iron: 3.41mg (18.94%), Phosphorus: 184.8mg (18.48%), Copper: 0.34mg (16.75%), Potassium: 562.78mg (16.08%), Magnesium: 62.85mg (15.71%), Vitamin B5: 1.1mg (10.96%), Zinc: 1.58mg (10.55%), Vitamin E: 1.58mg (10.52%), Vitamin K: 10.88µg (10.36%), Vitamin B12: 0.17µg (2.87%)