



Fig Jam and Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 crusty baguette sweet
- 0.3 cup let set min. spread
- 4 ounces goat cheese
- 20 servings kosher salt
- 0.3 cup olive oil
- 20 sage

Equipment

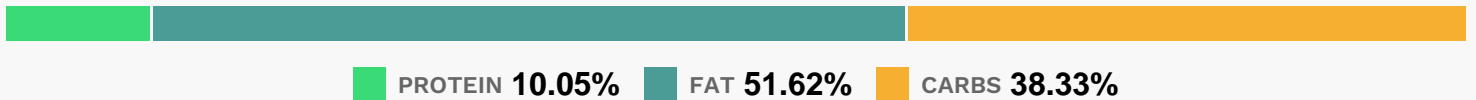
- frying pan

- baking sheet
- paper towels
- oven
- slotted spoon
- tongs

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Cut the baguette on the bias into about 20 (1/2-inch-thick) slices and place on a baking sheet. Using 1 tablespoon of the olive oil, lightly brush each slice.
- Sprinkle with salt and bake until lightly toasted and crisp, about 8 minutes.
- Let cool. Meanwhile, line a plate with paper towels and set aside.
- Heat the remaining olive oil in a small frying pan over medium-low heat. When the oil shimmers, gently place 2 to 3 sage leaves at a time into the hot oil until they darken in color and any bubbling subsides. Immediately remove the leaves with tongs or a slotted spoon and transfer to the paper-towel-lined plate. Repeat with the remaining sage leaves. Set aside. Gently spread 1 teaspoon of the goat cheese on each crostini, top with a heaping 1/2 teaspoon of the fig jam, and garnish with a fried sage leaf.

Nutrition Facts



Properties

Glycemic Index: 6.34, Glycemic Load: 5.52, Inflammation Score: -1, Nutrition Score: 2.3573913081833%

Nutrients (% of daily need)

Calories: 89.61kcal (4.48%), Fat: 5.14g (7.91%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.29g (3.01%), Sugar: 2.45g (2.72%), Cholesterol: 2.61mg (0.87%), Sodium: 293.17mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Copper: 0.18mg (9.18%), Vitamin B1: 0.08mg (5.16%), Vitamin E: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.8%), Folate: 14.47µg (3.62%), Manganese: 0.07mg (3.49%), Selenium: 2.38µg (3.41%), Iron: 0.58mg (3.24%), Vitamin B3: 0.59mg (2.97%), Phosphorus: 27.11mg (2.71%), Vitamin K: 2.64µg (2.52%), Calcium: 22.23mg (2.22%), Vitamin B6: 0.03mg (1.4%), Fiber: 0.31g (1.23%), Vitamin A: 58.57IU (1.17%), Magnesium: 4.38mg (1.1%), Zinc: 0.15mg (1.03%)