

## Goat Cheese and Fig Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 crusty baguette
- 4 oz cream cheese
- 6 servings let set min. spread
- 4 oz goat cheese
- 0.8 cup olive oil

### Equipment

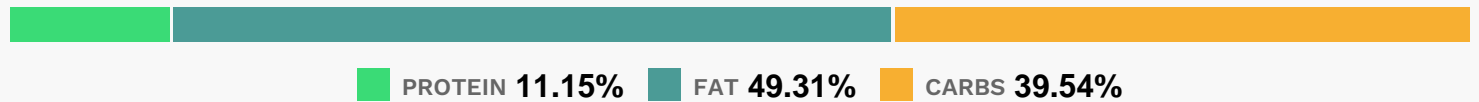
- bowl
- baking sheet

- oven
- hand mixer

## Directions

- Preheat oven to 425 F.
- Brush baguette slices with olive oil and place on a baking sheet. Crisp baguette slices in oven until golden brown, about 10 minutes, watch carefully so they don't burn. In a small bowl, combine cream cheese and goat cheese with hand mixer until well blended.
- Place blended cheese and fig preservers in separate serving bowls and set up as "serve yourself" or pipe cheese blend onto toasted baguette slices and top with fig preserves.

## Nutrition Facts



## Properties

Glycemic Index: 25.63, Glycemic Load: 19.25, Inflammation Score: -4, Nutrition Score: 7.3839130434783%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Taste

Sweetness: 27.63%, Saltiness: 37.62%, Sourness: 21.5%, Bitterness: 12.48%, Savoriness: 8.77%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 310.62kcal (15.53%), Fat: 17.03g (26.2%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 29.7g (10.8%), Sugar: 9.62g (10.69%), Cholesterol: 27.78mg (9.26%), Sodium: 390.98mg (17%), Protein: 8.67g (17.34%), Vitamin B1: 0.26mg (17.49%), Vitamin B2: 0.26mg (15.28%), Selenium: 9.6µg (13.72%), Folate: 50.09µg (12.52%), Phosphorus: 110.85mg (11.08%), Manganese: 0.22mg (11%), Iron: 1.92mg (10.65%), Copper: 0.21mg (10.31%), Vitamin B3: 2mg (9.98%), Calcium: 91.4mg (9.14%), Vitamin A: 449.06IU (8.98%), Vitamin E: 1.11mg (7.41%), Vitamin B6: 0.1mg (5.2%), Vitamin K: 5.24µg (4.99%), Fiber: 1.03g (4.12%), Zinc: 0.61mg (4.04%), Magnesium: 16.12mg (4.03%), Vitamin B5: 0.4mg (3.97%), Potassium: 92.36mg (2.64%), Vitamin C: 1.23mg (1.49%), Vitamin B12: 0.08µg (1.29%)