



## Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 ounce goat cheese
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 ounce sourdough bread

## Equipment

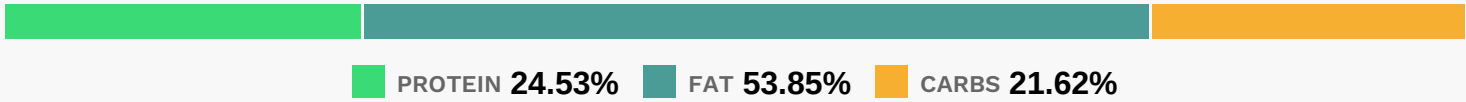
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a small bowl; stir to combine.
- ☐ Place bread slices in a single layer on a jelly roll pan.
- ☐ Bake at 400 for 8 minutes or until toasted. Turn slices over; spread cheese mixture evenly over bread.
- ☐ Bake 5 minutes or until toasted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:2.93, Inflammation Score:-5, Nutrition Score:2.931739134633%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 77.58kcal (3.88%), Fat: 4.67g (7.19%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.59g (0.65%), Cholesterol: 9.78mg (3.26%), Sodium: 121.11mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Copper: 0.17mg (8.59%), Vitamin B2: 0.11mg (6.74%), Phosphorus: 63.75mg (6.38%), Vitamin A: 243.61IU (4.87%), Vitamin B1: 0.07mg (4.5%), Iron: 0.78mg (4.35%), Manganese: 0.08mg (3.99%), Selenium: 2.73µg (3.9%), Calcium: 36.98mg (3.7%), Vitamin B6: 0.07mg (3.65%), Folate: 12.02µg (3%), Vitamin C: 2mg (2.43%), Vitamin B3: 0.45mg (2.25%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.81mg (1.7%)