



Goat Cheese Crostini with Blood Orange and Black Pepper Marmalade



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 blood oranges divided
- ☐ 8 ounces goat cheese fresh soft room temperature
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.3 cup honey
- ☐ 18.5 inch raisin baguette french toasted

Equipment

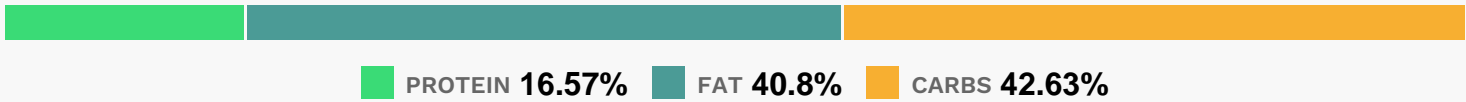
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ peeler

Directions

- ☐ Place goat cheese in small bowl. Finely grate 1 teaspoon peel from 1 blood orange; stir peel into cheese.
- ☐ Using vegetable peeler, remove peel (orange part only) in strips from remaining 3 oranges.
- ☐ Cut peel into 1/8- to 1/4-inch pieces and place in medium saucepan. Using small sharp knife, cut white pith from all 4 oranges. Working over another small bowl to catch juices, cut between orange membranes to release segments. Squeeze any remaining juice from membranes into bowl. Discard membranes. Coarsely chop orange segments and add to saucepan along with any juices.
- ☐ Add juices from bowl to saucepan. Stir in honey and 1/4 teaspoon coarsely ground black pepper. Bring to boil over medium-high heat and cook uncovered until thick and reduced to 1/2 cup, stirring frequently, about 10 minutes. Cool. Season with more ground black pepper to taste and with fresh lemon juice, if desired. DO AHEAD: Cheese and marmalade can be made 1 day ahead; cover separately and chill. Bring to room temperature before assembling crostini. Top toasted baguette slices with goat cheese, then marmalade.
- ☐ Place crostini on platter and serve.
- ☐ To easily cut a blood orange, place the peeled fruit in the freezer for a few minutes until it firms up slightly.

Nutrition Facts



Properties

Glycemic Index:30.93, Glycemic Load:9.73, Inflammation Score:-3, Nutrition Score:4.2330434918404%

Flavonoids

Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 170.19kcal (8.51%), Fat: 8.02g (12.34%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.07g (6.57%), Sugar: 12.74g (14.16%), Cholesterol: 17.39mg (5.8%), Sodium: 141.88mg (6.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Copper: 0.31mg (15.52%), Phosphorus: 104.55mg (10.46%), Vitamin B2: 0.17mg (9.82%), Vitamin A: 410.42IU (8.21%), Vitamin C: 5.1mg (6.19%), Calcium: 59.8mg (5.98%), Vitamin B6: 0.12mg (5.9%), Iron: 1mg (5.54%), Manganese: 0.08mg (4.14%), Fiber: 0.79g (3.16%), Vitamin B5: 0.29mg (2.93%), Vitamin B1: 0.04mg (2.86%), Potassium: 98.58mg (2.82%), Zinc: 0.4mg (2.67%), Magnesium: 9.69mg (2.42%), Folate: 7.67µg (1.92%), Selenium: 1.27µg (1.81%), Vitamin B3: 0.29mg (1.46%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)