




# Goat Cheese, Fig And Prosciutto Crostini


 Dairy Free

READY IN




45 min.

SERVINGS



6

CALORIES



467 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- 15 biscuits
- 1 small jar let set min. spread
- 2 ounces pancetta shaved
- 1 ounce peppercorns cracked white

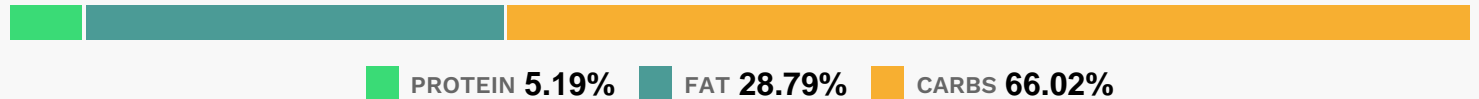
## Equipment

- oven

## Directions

- Preheat oven to 350 degrees.
- Spread tsp. of fig jam on each cracker.
- Place a small piece of prosciutto on each cracker.
- Slice the goat cheese.
- Place 1 slice of the goat cheese on each prepared cracker.
- Arrange on sheet trays.
- Bake in the oven for 10 -12 minutes until the edges of the cheese start to brown.
- Remove from the oven and top with cracked white pepper.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:43.15, Inflammation Score:-3, Nutrition Score:9.875652173913%

## Taste

Sweetness: 100%, Saltiness: 2.28%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 47.67%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 467.03kcal (23.35%), Fat: 15.03g (23.12%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 77.56g (25.85%), Net Carbohydrates: 74.78g (27.19%), Sugar: 31.53g (35.03%), Cholesterol: 6.91mg (2.3%), Sodium: 717.9mg (31.21%), Protein: 6.09g (12.18%), Phosphorus: 323.61mg (32.36%), Manganese: 0.49mg (24.64%), Selenium: 15.94µg (22.77%), Vitamin B1: 0.33mg (21.66%), Iron: 3.24mg (17.98%), Vitamin B2: 0.26mg (15.08%), Folate: 54.34µg (13.59%), Vitamin B3: 2.67mg (13.37%), Fiber: 2.78g (11.11%), Copper: 0.16mg (8.16%), Vitamin C: 6.29mg (7.62%), Vitamin E: 1mg (6.69%), Potassium: 219.69mg (6.28%), Calcium: 58.1mg (5.81%), Magnesium: 19.27mg (4.82%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 2.77µg (2.64%), Vitamin B12: 0.14µg (2.36%)