



Gorgonzola-Grilled Pear Crostini

 Vegetarian

READY IN



22 min.

SERVINGS



22

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bartlett pears firm ripe cut into 1/4-inch-thick wedges
- ☐ 36 slices bread baguette french toasted
- ☐ 0.3 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons rosemary fresh finely chopped
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 0.3 cup honey

☐ 0.5 cup lightly roasted pecans salted finely chopped

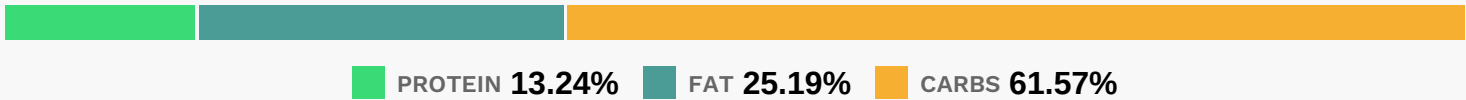
Equipment

☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grill pear wedges, covered with grill lid, 1 to 2 minutes on each side or until golden.
- ☐ Stir together cream cheese and next 3 ingredients; spread about 1/2 Tbsp. on each baguette slice. Top with grilled pears; sprinkle with pecans and rosemary, and drizzle with honey.
- ☐ Pair with: Chteau de Malle,
- ☐ Sauternes 2004 or Chenin Blanc.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:44.94, Inflammation Score:-6, Nutrition Score:14.843478163299%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 401.54kcal (20.08%), Fat: 11.32g (17.42%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 58.94g (21.43%), Sugar: 10.87g (12.08%), Cholesterol: 19.82mg (6.61%), Sodium: 739.2mg (32.14%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 13.39g (26.78%), Vitamin B1: 0.77mg (51.03%), Selenium: 31.75µg (45.36%), Folate: 133.92µg (33.48%), Manganese: 0.67mg (33.35%), Vitamin B2: 0.5mg (29.57%), Vitamin B3: 5.18mg (25.92%), Iron: 4.26mg (23.65%), Phosphorus: 150.98mg (15.1%), Fiber: 3.31g (13.22%), Copper: 0.21mg (10.55%), Magnesium: 40.24mg (10.06%), Calcium: 96.98mg (9.7%), Zinc: 1.41mg (9.42%), Vitamin B6:

0.14mg (6.99%), Potassium: 187.88mg (5.37%), Vitamin B5: 0.53mg (5.35%), Vitamin A: 255.61IU (5.11%), Vitamin E: 0.44mg (2.95%), Vitamin K: 2.26µg (2.15%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 1.15mg (1.4%)