



## Grilled-Fruit Bruschetta with Honey Mascarpone

 Vegetarian

READY IN



60 min.

SERVINGS



45

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 large apricots pitted halved
- 8 slices peasant bread 1-inch-thick
- 2 tablespoons honey
- 1 teaspoon lavender buds dried
- 2 tablespoons juice of lemon fresh
- 1 cup mascarpone cheese
- 4 nectarines pitted halved

- 1 tablespoon olive oil extra-virgin plus more for brushing
- 1.5 teaspoons orange zest finely grated
- 8 rosemary skewers
- 45 servings salt and pepper freshly ground
- 0.3 cup sugar
- 0.5 pound cherries sweet

## Equipment

- bowl
- grill
- skewers

## Directions

- Put the sugar and lavender in a spice grinder and grind to a powder. In a large bowl, combine the lavender sugar with the apricots, nectarines, cherries, lemon juice, orange zest and 1 tablespoon of the olive oil. Toss well and season lightly with salt and pepper.
- Let stand for 10 minutes.
- Meanwhile, in a small bowl, stir the mascarpone with the honey and season with pepper.
- Brush the bread slices on both sides with olive oil.
- Light a grill. Thread the fruit onto the rosemary skewers; reserve any juices in the bowl. Grill the bread over high heat until lightly charred and crisp, about 30 seconds per side. Grill the fruit skewers over moderate heat, basting a few times with the reserved juices, until lightly charred and just tender, about 4 minutes per side.
- Spread the honey mascarpone on the grilled bread and halve each slice.
- Transfer to a platter. Slide the fruit off the skewers onto the bread, drizzle some of the juices over the fruit and serve.

## Nutrition Facts



PROTEIN 7.85%  FAT 44.96%  CARBS 47.19%

## Properties

Glycemic Index:7.95, Glycemic Load:3.14, Inflammation Score:-2, Nutrition Score:1.3782608664554%

## Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 55.92kcal (2.8%), Fat: 2.85g (4.39%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.16g (2.24%), Sugar: 4.11g (4.56%), Cholesterol: 5mg (1.67%), Sodium: 221.83mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Manganese: 0.07mg (3.69%), Vitamin A: 176.36IU (3.53%), Fiber: 0.57g (2.3%), Vitamin B3: 0.45mg (2.24%), Selenium: 1.45µg (2.08%), Vitamin B1: 0.03mg (1.83%), Vitamin C: 1.42mg (1.72%), Calcium: 15.34mg (1.53%), Iron: 0.26mg (1.46%), Folate: 5.7µg (1.42%), Potassium: 44.35mg (1.27%), Copper: 0.02mg (1.2%), Phosphorus: 11.59mg (1.16%), Vitamin B2: 0.02mg (1.16%), Vitamin E: 0.16mg (1.09%), Magnesium: 4.16mg (1.04%)