



Grilled Rosemary Apple Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fuji apples thick cored peeled sliced into rings 1/3 in.
- ☐ 12 slices baguette thick
- ☐ 4 ounces chèvre goat cheese
- ☐ 2 tablespoons rosemary leaves fresh divided chopped
- ☐ 1 tbsp olive oil

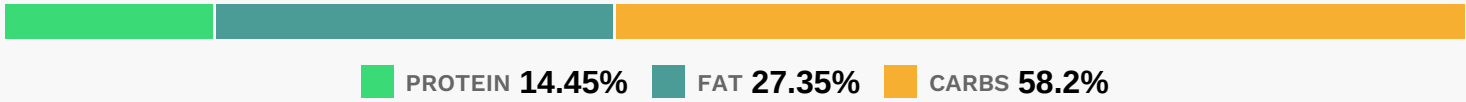
Equipment

- ☐ grill

Directions

- ☐ Prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Rub apples with olive oil and 1 1/2 tbsp. chopped rosemary. Grill until softened and grill marks appear, about 4 minutes.
- ☐ Remove from grill and cut slices in half.
- ☐ Grill baguette slices, turning once, until lightly toasted, about 1 minute.
- ☐ Spread each piece of baguette with goat cheese, then top with half an apple slice. Arrange on serving plate and sprinkle with remaining chopped rosemary.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:23.34, Inflammation Score:-5, Nutrition Score:9.3782607627952%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 268.7kcal (13.44%), Fat: 8.21g (12.63%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 36.4g (13.24%), Sugar: 9.48g (10.53%), Cholesterol: 8.69mg (2.9%), Sodium: 465.9mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Vitamin B1: 0.4mg (26.42%), Folate: 73.29µg (18.32%), Vitamin B2: 0.29mg (17.3%), Manganese: 0.34mg (17.17%), Selenium: 11.54µg (16.48%), Vitamin B3: 3.05mg (15.24%), Iron: 2.7mg (14.98%), Copper: 0.23mg (11.71%), Phosphorus: 116.3mg (11.63%), Fiber: 2.89g (11.58%), Calcium: 99.44mg (9.94%), Vitamin B6: 0.14mg (7.05%), Magnesium: 23.3mg (5.83%), Vitamin A: 247.49IU (4.95%), Vitamin K: 5µg (4.76%), Zinc: 0.71mg (4.73%), Vitamin E: 0.66mg (4.43%), Potassium: 153.66mg (4.39%), Vitamin B5: 0.41mg (4.13%), Vitamin C: 2.94mg (3.56%)