Grits Crostini

Vegetarian

READY IN	SERVINGS	CALORIES
90 min.	100	25 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 4 teaspoons double-acting baking powder
- [ ] 0.3 cup butter melted
- [ ] 100 servings caramelized onions
- [ ] 1.5 cups grits cooled cooked
- [ ] 2 large eggs beaten
- [ ] 1 cup flour all-purpose
- [ ] 4 oz fontina shredded
- [ ] 2 tablespoons thyme sprigs fresh minced

- [ ] 1 cup milk
- [ ] 0.3 teaspoon salt
- [ ] 1 tablespoon sugar

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] whisk

Directions

- [ ] Preheat oven to 42
- [ ] Sift together first 4 ingredients into a bowl.
- [ ] Whisk together milk and next 2 ingredients in another bowl; add to flour mixture, stirring just until moistened.
- [ ] Whisk in grits. Spoon into greased 12-cup muffin pans (1 Tbsp. per cup).
- [ ] Bake, in batches, at 425 for 12 to 15 minutes or until crostini is golden. Immediately remove from pans to wire racks; cool 30 minutes. Reduce oven to 37
- [ ] Meanwhile, prepare Caramelized Apples and Onions.
- [ ] Place crostini on a baking sheet. Top each with 1 tsp. Caramelized Apples and Onions; sprinkle with cheese.
- [ ] Bake at 375 for 8 minutes or until cheese is melted.
- [ ] Sprinkle with thyme; serve immediately.

Nutrition Facts

PROTEIN **13.33%** FAT **36.44%** CARBS **50.23%**

Properties

Glycemic Index:4.24, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:1.01260869205%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 24.97kcal (1.25%), Fat: 1.03g (1.58%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.9g (1%), Cholesterol: 6.55mg (2.18%), Sodium: 38.55mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Calcium: 23.58mg (2.36%), Phosphorus: 18.37mg (1.84%), Folate: 6.74µg (1.68%), Vitamin C: 1.33mg (1.62%), Manganese: 0.03mg (1.61%), Selenium: 1.12µg (1.6%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.02mg (1.38%), Fiber: 0.33g (1.34%), Vitamin B6: 0.02mg (1.22%)