

Grits Crostini

 Vegetarian

READY IN



90 min.

SERVINGS



100

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

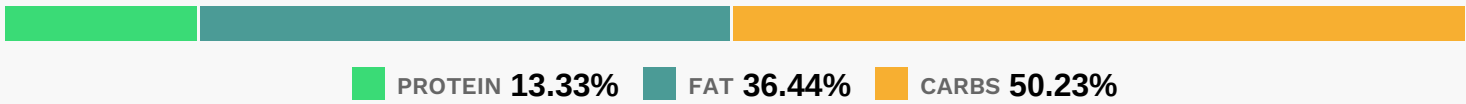
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ 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 375
- ☐ 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



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%)