



Herb Crostini with Blue Cheese Spread and Caramelized Onion Relish

READY IN



45 min.

SERVINGS



20

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette (20- to 25-inch)
- ☐ 20 servings caramelized onion relish
- ☐ 1 tablespoon optional: dill chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 20 servings creamy cheese spread blue
- ☐ 0.3 teaspoon sea salt

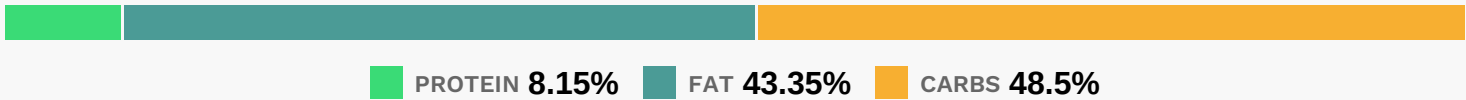
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Slice bread into 1/4-inch slices at a slight angle, and arrange in a single layer on a 15- x 10- x 1-inch jellyroll pan or cookie sheet.
- ☐ Stir together olive oil and herbs.
- ☐ Brush bread lightly on one side with herb mixture, and sprinkle with sea salt and pepper.
- ☐ Bake at 400 for 10 to 12 minutes or until golden brown and crunchy.
- ☐ Cool completely. Top with Creamy Blue Cheese
- ☐ Spread and Caramelized Onion Relish, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:2.38, Inflammation Score:-1, Nutrition Score:1.3643478362457%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 37.92kcal (1.9%), Fat: 1.83g (2.81%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.18g (1.52%), Sugar: 1.02g (1.14%), Cholesterol: 0.55mg (0.18%), Sodium: 78.82mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin K: 4.49µg (4.28%), Manganese: 0.06mg (2.93%),

Vitamin B1: 0.04mg (2.9%), Folate: 9.88µg (2.47%), Vitamin C: 1.46mg (1.77%), Fiber: 0.41g (1.65%), Selenium: 1.15µg (1.65%), Iron: 0.28mg (1.53%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.44%), Calcium: 14.33mg (1.43%), Vitamin B6: 0.02mg (1.25%), Phosphorus: 10.54mg (1.05%)