



Honey-Roasted Grape Tomato Crostini

 Gluten Free

READY IN



22 min.

SERVINGS



2

CALORIES



472 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz accompaniment: crostini
- 4 oz goat cheese
- 1 pt grape tomatoes
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 1.5 teaspoons olive oil
- 2 servings rosemary leaves fresh

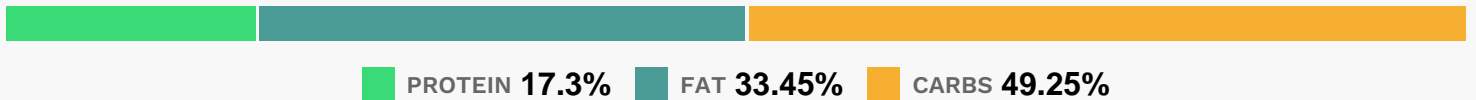
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Toss together first 3 ingredients on a lightly greased rimmed baking sheet.
- Bake at 450 for 20 minutes or until tomato skins burst and begin to wrinkle (do not stir).
- Transfer roasted tomatoes to a bowl, scraping accumulated juices into bowl. Stir salt into tomato mixture.
- Microwave goat cheese at HIGH 8 to 10 seconds to soften. Smear goat cheese evenly over crostini; top with roasted tomatoes.
- Serve on a platter; garnish, if desired.
- *We found numerous sizes of crostini packages available at large grocery chains. Look for a 6- to 8-oz. container so that you'll have plenty for this recipe. Enjoy any leftovers as croutons over salad greens.

Nutrition Facts



Properties

Glycemic Index:81.01, Glycemic Load:35, Inflammation Score:-9, Nutrition Score:22.993913007819%

Flavonoids

Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 472.3kcal (23.61%), Fat: 17.81g (27.39%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 54.18g (19.7%), Sugar: 19.34g (21.48%), Cholesterol: 26.08mg (8.69%), Sodium: 1037.51mg (45.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.44%), Vitamin A: 2585.72IU (51.71%), Vitamin

B1: 0.62mg (41.5%), Vitamin C: 32.68mg (39.62%), Manganese: 0.74mg (36.99%), Folate: 134.59µg (33.65%),
Copper: 0.66mg (33.23%), Vitamin B2: 0.54mg (31.7%), Phosphorus: 283.81mg (28.38%), Vitamin B3: 5.53mg
(27.66%), Iron: 4.78mg (26.56%), Selenium: 16.3µg (23.29%), Vitamin K: 24.07µg (22.92%), Vitamin B6: 0.43mg
(21.27%), Potassium: 693.15mg (19.8%), Calcium: 196.35mg (19.63%), Fiber: 4.79g (19.15%), Magnesium: 58.34mg
(14.58%), Vitamin E: 2.06mg (13.72%), Zinc: 1.63mg (10.86%), Vitamin B5: 0.93mg (9.33%), Vitamin B12: 0.11µg (1.8%),
Vitamin D: 0.23µg (1.51%)