



Honey-Rosemary Cherries and Blue Cheese Crostini

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 oz cheese blue thinly sliced
- ☐ 12 oz cherries dark sweet frozen thawed pitted
- ☐ 16 slices ciabatta bread toasted (1/4-inch-thick)
- ☐ 0.3 teaspoon rosemary leaves fresh chopped
- ☐ 2 tablespoons honey

- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 20 servings pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 1 shallots thinly sliced

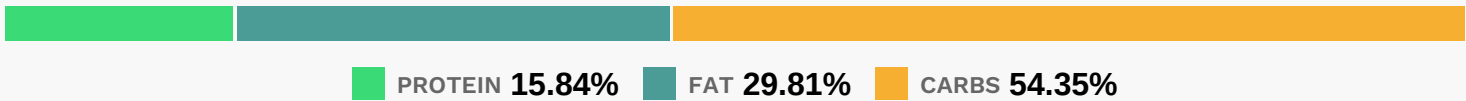
Equipment

- ☐ frying pan

Directions

- ☐ Saut shallot in hot oil in a medium skillet over medium-high heat 2 to 3 minutes or until tender.
- ☐ Add cherries (and any liquid in package) and next 5 ingredients. Cook, stirring occasionally, 8 to 10 minutes or until thickened.
- ☐ Let stand 10 minutes.
- ☐ Divide arugula among toasted bread slices. Top each with cherry mixture and 1 blue cheese slice.
- ☐ Garnish, if desired.
- ☐ *Manchego or goat cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:2.1217391179956%

Flavonoids

Cyanidin: 5.14mg, Cyanidin: 5.14mg, Cyanidin: 5.14mg, Cyanidin: 5.14mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-

gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 115.05kcal (5.75%), Fat: 3.86g (5.94%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 15.14g (5.51%), Sugar: 4.34g (4.82%), Cholesterol: 8.5mg (2.83%), Sodium: 255.87mg (11.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Calcium: 66.82mg (6.68%), Phosphorus: 49.81mg (4.98%), Vitamin K: 3.24µg (3.09%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 145.57IU (2.91%), Fiber: 0.71g (2.83%), Vitamin B5: 0.25mg (2.45%), Selenium: 1.69µg (2.41%), Potassium: 82.74mg (2.36%), Vitamin B12: 0.14µg (2.31%), Zinc: 0.34mg (2.23%), Manganese: 0.04mg (2.06%), Vitamin C: 1.6mg (1.94%), Folate: 7.19µg (1.8%), Vitamin B6: 0.03mg (1.69%), Magnesium: 6.11mg (1.53%)