



## Kumquat-Rosemary Marmalade with Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



473 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 teaspoon peppercorns black crushed
- 1 sprig rosemary leaves fresh finely chopped
- 6 tablespoons goat cheese soft
- 12 ounces kumquats seeds removed rinsed sliced into 1/4-inch rounds, ( 25)
- 4 slices bread toasted
- 0.3 cup sugar
- 0.3 cup water

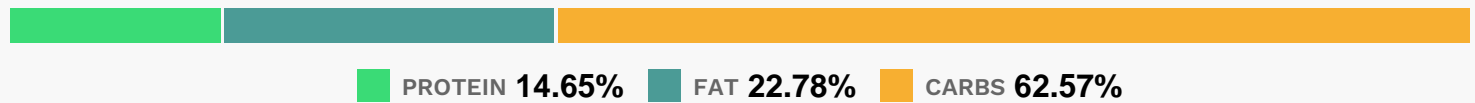
# Equipment

- sauce pan

# Directions

- In a saucepan, combine the water and sugar and cook over medium-low heat, stirring occasionally, until sugar has dissolved.
- Add the sliced kumquats, black peppercorns, and rosemary sprig. Stir well, and then simmer until kumquats are starting to become translucent and liquid has reduced to a syrup, 10 to 15 minutes.
- When done, turn off the heat and remove the rosemary sprig.
- Add the chopped rosemary and stir well. Set aside and allow to cool, about 15 minutes.
- Spread 1 1/2 tablespoons of the goat cheese on top of each slice of toast.
- Add some of the marmalade and serve.

# Nutrition Facts



# Properties

Glycemic Index:85.89, Glycemic Load:32.07, Inflammation Score:-9, Nutrition Score:23.334347776745%

# Flavonoids

Naringenin: 97.63mg, Naringenin: 97.63mg, Naringenin: 97.63mg, Naringenin: 97.63mg Apigenin: 37.2mg, Apigenin: 37.2mg, Apigenin: 37.2mg, Apigenin: 37.2mg

# Nutrients (% of daily need)

Calories: 472.97kcal (23.65%), Fat: 12.42g (19.11%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 62.09g (22.58%), Sugar: 43.72g (48.58%), Cholesterol: 19.32mg (6.44%), Sodium: 425.53mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Vitamin C: 74.68mg (90.53%), Manganese: 1.61mg (80.45%), Fiber: 14.7g (58.81%), Copper: 0.62mg (30.84%), Calcium: 261.71mg (26.17%), Phosphorus: 260.33mg (26.03%), Vitamin B2: 0.41mg (24.26%), Selenium: 15.83µg (22.61%), Magnesium: 86.08mg (21.52%), Iron: 3.82mg (21.21%), Vitamin B1: 0.31mg (20.83%), Vitamin A: 936.3IU (18.73%), Vitamin B3: 3.4mg (17.02%), Vitamin B6: 0.29mg (14.53%), Folate: 57.72µg (14.43%), Potassium: 482.75mg (13.79%), Zinc: 1.68mg (11.2%), Vitamin B5: 1.04mg (10.39%), Vitamin K: 6.92µg (6.59%), Vitamin E: 0.64mg (4.3%), Vitamin B12: 0.08µg (1.33%), Vitamin D: 0.17µg (1.12%)