

STARTER & SNACK

Onion, Date, and Brie Crostini

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.27	69 kcal

Onion, Date, and Brie Crostini is a hor d'oeuvre that serves 24. One serving contains 69 calories, 3g of protein, and 2g of fat. For 27 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. Not a lot of people made this recipe, and 1 would say it hit the spot.

Ingredients

☐ 2 teaspoons balsamic vinegar	☐ ½ teaspoon freshly ground black pepper
☐ 12 ounces 24 (1/2-inch-thick) slices diagonally cut French bread baguette (about	☐ 1 teaspoon butter
☐ 4 ounces chopped Brie or Camembert cheese	☐ ¼ cup chopped pitted dates
☐ 2 teaspoons finely chopped fresh rosemary	☐ 1 garlic clove, minced
☐ 3 cups thinly sliced onion	☐ ½ teaspoon salt
☐ 2 teaspoons sugar	☐ 1 teaspoon Worcestershire sauce

EQUIPMENT Frying pan, Baking sheet, Oven, Broiler

Method

- 1 Preheat broiler.
- 2 Arrange bread in a single layer on a baking sheet. Broil 2 minutes on each side or until toasted.
- 3 Lower oven temperature to 30

- 4 Melt butter in a large nonstick skillet over medium heat.
- 5 Add onion and next 4 ingredients (through garlic); cook 10 minutes or until onion is translucent, stirring frequently. Increase the heat to medium-high; saut 4 minutes or until onion begins to brown.
- 6 Add sugar; saut 2 minutes. Stir in vinegar and Worcestershire; remove from heat.
- 7 Add dates and cheese; stir until combined.
- 8 Top each toast with about 2 teaspoons onion mixture.
- 9 Bake at 300 for 4 minutes or until cheese melts.

Nutrition per serving

69	3 g	2 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 6% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			3.1 g · 3% of daily needs
Sodium			161 mg · 7% of daily needs
Cholesterol			3.9 mg · 1% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/onion-date-and-brie-crostini-148527