



## Peach and Hazelnut Mascarpone Bruschetta

READY IN



30 min.

SERVINGS



10

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounces bread crumbs italian
- 1 tablespoon frangelico such as frangelico
- 0.3 cup hazelnuts toasted coarsely chopped
- 2 tablespoons honey
- 10 servings kosher salt
- 1 cup mascarpone cheese at room temperature
- 2 tablespoons olive oil
- 12 ounces peaches

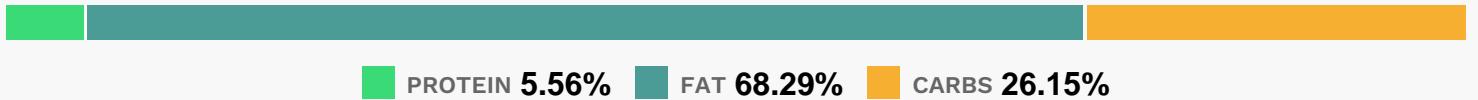
## Equipment

- bowl
- baking sheet
- grill
- grill pan

## Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt.
- Place the mascarpone and liqueur in a small bowl and stir to combine; set aside. Halve and pit the peaches.
- Cut into 1/4-inch-thick slices. To serve, spread an equal amount of the mascarpone mixture on each slice of bread. Divide the peach slices among the bread slices, drizzle with the honey, and sprinkle with the hazelnuts.
- Cut the bruschetta into pieces if desired and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:3.01, Inflammation Score:-3, Nutrition Score:3.5086956309236%

## Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 298.45kcal (14.92%), Fat: 22.85g (35.15%), Saturated Fat: 11.18g (69.88%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 18.08g (6.58%), Sugar: 13.44g (14.93%), Cholesterol: 22.5mg (7.5%), Sodium: 294.95mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Manganese: 0.21mg (10.49%), Vitamin A: 426.5IU (8.53%), Vitamin E: 1.1mg (7.34%), Vitamin B3: 1.35mg (6.77%), Fiber: 1.6g (6.41%), Folate: 19.8µg (4.95%), Iron: 0.77mg (4.27%), Copper: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.95%), Calcium: 36.68mg (3.67%), Potassium: 113.37mg (3.24%), Vitamin K: 3.13µg (2.98%), Magnesium: 11.56mg (2.89%), Phosphorus: 24.74mg (2.47%), Vitamin B2: 0.04mg (2.11%), Vitamin C: 1.6mg (1.95%), Zinc: 0.21mg (1.38%), Vitamin B6: 0.03mg (1.32%), Selenium: 0.82µg (1.17%)