



Pear-and-Gorgonzola Crostini

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

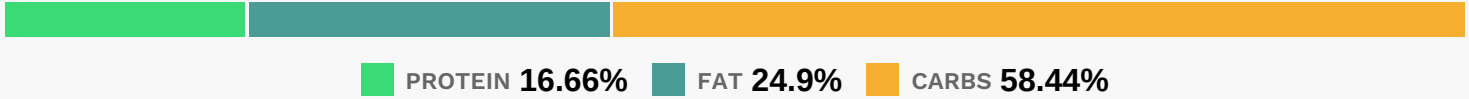
- ☐ 4 bacon crumbled cooked
- ☐ 12 slices bread french (1/2-inch-thick)
- ☐ 1 cup gorgonzola cheese crumbled
- ☐ 1 teaspoon juice of lemon
- ☐ 4 teaspoons milk
- ☐ 1 pears cut lengthwise into 12 wedges
- ☐ 0.3 cup walnuts toasted chopped

Equipment

Directions

- ☐ Toss together pear slices and lemon juice; set aside.
- ☐ Broil French bread slices 5 inches from heat 1 minute on each side or until lightly toasted.
- ☐ Stir together cheese and milk until smooth; spread evenly on 1 side of each bread slice.
- ☐ Sprinkle each slice with 1 teaspoon walnuts; top with 1 pear slice and bacon.

Nutrition Facts



Properties

Glycemic Index:33.71, Glycemic Load:52.78, Inflammation Score:-6, Nutrition Score:20.100869717805%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 490.58kcal (24.53%), Fat: 13.7g (21.08%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 72.35g (24.12%), Net Carbohydrates: 68.29g (24.83%), Sugar: 9.21g (10.23%), Cholesterol: 19.81mg (6.6%), Sodium: 1078.41mg (46.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.24%), Vitamin B1: 0.97mg (64.43%), Selenium: 42.38µg (60.54%), Folate: 171.24µg (42.81%), Manganese: 0.85mg (42.72%), Vitamin B2: 0.65mg (38.27%), Vitamin B3: 7.03mg (35.14%), Iron: 5.31mg (29.5%), Phosphorus: 251.84mg (25.18%), Calcium: 178.18mg (17.82%), Fiber: 4.06g (16.26%), Copper: 0.31mg (15.48%), Zinc: 2.19mg (14.6%), Magnesium: 57.17mg (14.29%), Vitamin B6: 0.23mg (11.7%), Vitamin B5: 0.87mg (8.69%), Potassium: 286.36mg (8.18%), Vitamin B12: 0.31µg (5.1%), Vitamin A: 159.51IU (3.19%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.8µg (2.66%), Vitamin C: 1.66mg (2.01%), Vitamin D: 0.15µg (1.01%)