



## Pear Chutney Bruschetta with Pecans and Blue Cheese

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 teaspoons cheese blue crumbled
- 1.5 cups bosc pear peeled finely chopped
- 4 ounces bread french toasted thin
- 1.5 tablespoons apple cider vinegar
- 1 stick cinnamon (3-inch)
- 0.3 cup apricot dried finely chopped
- 1 tablespoon chives fresh chopped

- 1 teaspoon thyme sprigs fresh chopped
- 2 teaspoons olive oil
- 0.5 cup pear nectar
- 8 teaspoons pecans toasted chopped
- 0.1 teaspoon salt
- 0.3 cup shallots finely chopped
- 2 tablespoons sugar

## Equipment

- frying pan
- sauce pan

## Directions

- Heat a small saucepan over medium-high heat.
- Add olive oil to pan; swirl to coat.
- Add shallots, and saut for 2 minutes or until soft.
- Add pear and next 6 ingredients (through cinnamon); bring to a boil. Reduce heat to medium; cook 20 minutes or until pear is tender and mixture is thick. Cool to room temperature. Discard cinnamon stick.
- Spoon about 1 1/2 tablespoons chutney over each baguette slice; top each with 1/2 teaspoon pecans and 1/2 teaspoon cheese.
- Sprinkle evenly with chopped chives and thyme.

## Nutrition Facts



**PROTEIN 7.81%** **FAT 30.51%** **CARBS 61.68%**

## Properties

Glycemic Index:52.84, Glycemic Load:10.22, Inflammation Score:-5, Nutrition Score:4.9556522463327%

## Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 137.38kcal (6.87%), Fat: 4.89g (7.52%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 19.71g (7.17%), Sugar: 11.91g (13.24%), Cholesterol: 1.5mg (0.5%), Sodium: 147.16mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.39mg (19.7%), Fiber: 2.54g (10.14%), Vitamin B1: 0.14mg (9.14%), Selenium: 4.74µg (6.77%), Copper: 0.13mg (6.5%), Folate: 24.76µg (6.19%), Iron: 1.05mg (5.85%), Vitamin B2: 0.09mg (5.3%), Vitamin B3: 0.95mg (4.76%), Phosphorus: 46.1mg (4.61%), Potassium: 153.62mg (4.39%), Magnesium: 16.23mg (4.06%), Vitamin A: 201.4IU (4.03%), Vitamin B6: 0.07mg (3.56%), Calcium: 35.2mg (3.52%), Vitamin K: 3.62µg (3.45%), Vitamin C: 2.78mg (3.37%), Zinc: 0.48mg (3.23%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.18mg (1.81%)