



Pear, Goat Cheese, and Prosciutto Crostini

READY IN



25 min.

SERVINGS



12

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 slices bread baguette french crisp lightly toasted thin (such as Carr's, available nationwide)
- ☐ 2 ounces goat cheese crumbled
- ☐ 7 teaspoons milk 1% low-fat
- ☐ 2 comice pears firm cored ripe cut into 12 wedges
- ☐ 3 slices pancetta coarsely chopped thin

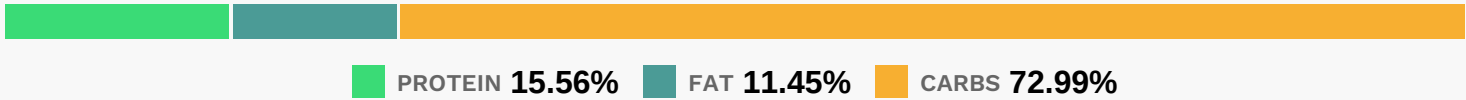
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine cheese and milk to form a spreadable (but not wet) consistency.
- ☐ Spread about 1 teaspoon of the mixture evenly over each baguette slice.
- ☐ Cook prosciutto in a nonstick skillet, stirring frequently over medium heat until crisp (about 5 minutes).
- ☐ Transfer to a paper towel to drain.
- ☐ Place 1 pear wedge on each baguette slice; arrange attractively on a serving platter.
- ☐ Sprinkle prosciutto over appetizers.

Nutrition Facts



Properties

Glycemic Index:9.77, Glycemic Load:52.53, Inflammation Score:-6, Nutrition Score:16.620434843976%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg 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 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: 387.14kcal (19.36%), Fat: 4.96g (7.63%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 71.12g (23.71%), Net Carbohydrates: 67.38g (24.5%), Sugar: 8.99g (9.99%), Cholesterol: 3.64mg (1.21%), Sodium: 802.62mg (34.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.31%), Vitamin B1: 0.92mg (61.52%), Selenium: 37.23µg (53.19%), Folate: 160.14µg (40.04%), Manganese: 0.69mg (34.5%), Vitamin B2: 0.58mg (34%), Vitamin B3: 6.32mg (31.61%), Iron: 5.16mg (28.65%), Phosphorus: 155.94mg (15.59%), Fiber: 3.74g (14.94%), Copper: 0.25mg (12.72%), Magnesium: 44.38mg (11.1%), Zinc: 1.44mg (9.6%), Vitamin B6: 0.16mg (8.22%), Calcium: 79.62mg (7.96%), Potassium: 194mg (5.54%), Vitamin B5: 0.5mg (4.96%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.32mg (2.15%), Vitamin C: 1.28mg (1.55%), Vitamin A: 62.68IU (1.25%)