



Pear, Parsnip & Fourme d'Ambert Tartines

 Vegetarian

READY IN



50 min.

SERVINGS



25

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices sourdough bread ()
- ☐ 1 bosc pear cored halved thinly sliced lengthwise
- ☐ 0.3 cup crème fraîche
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 medium savory vegetable with a vegetable peeler shaved (medium)
- ☐ 25 servings pepper freshly ground
- ☐ 25 servings salt
- ☐ 4 ounces frangelico thinly sliced

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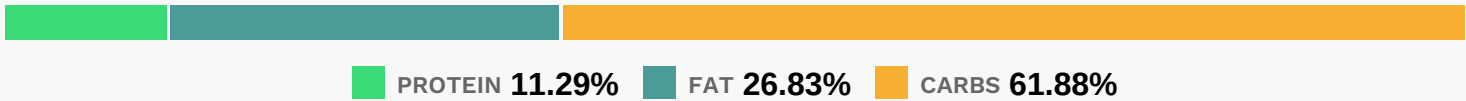
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to 35
- ☐ On a rimmed baking sheet, toss the shaved parsnips with the extra-virgin olive oil and season with salt and pepper. Roast for about 20 minutes, tossing once, until the parsnips are tender and starting to crisp around the edges.
- ☐ Let the parsnips cool slightly.
- ☐ Preheat the broiler. Arrange the sourdough bread slices on a medium baking sheet.
- ☐ Spread equal amounts of the crme frache on each bread slice, then top with the pear slices, roasted parsnips and cheese. Season the tartines with salt and pepper. Broil the tartines 8 inches from the heat for about 3 minutes, until the cheese is melted.
- ☐ Serve the tartines hot.

Nutrition Facts



Properties

Glycemic Index:7.77, Glycemic Load:4.43, Inflammation Score:-1, Nutrition Score:1.549999995724%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 41.72kcal (2.09%), Fat: 1.27g (1.95%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.1g (2.22%), Sugar: 1.25g (1.38%), Cholesterol: 1.36mg (0.45%), Sodium: 256.29mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin B1: 0.07mg (4.95%), Selenium: 3.03µg (4.32%), Manganese: 0.07mg (3.54%), Folate: 13.27µg (3.32%), Vitamin B2: 0.05mg (2.92%), Vitamin B3: 0.51mg (2.55%), Iron: 0.43mg (2.39%), Fiber: 0.47g (1.9%), Phosphorus: 13.56mg (1.36%), Copper: 0.02mg (1.17%), Magnesium: 4.2mg (1.05%)