



Pear, Walnut, and Ricotta Crostini

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

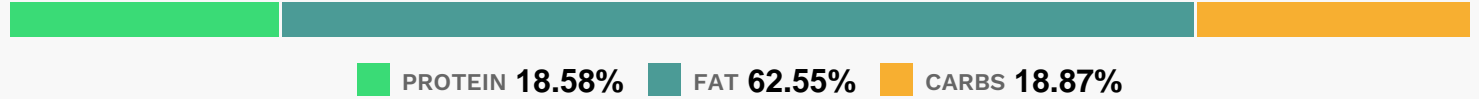
- 1.3 cups ricotta cheese
- 1 slices pears
- 1 serving walnut pieces
- 1 serving coarse mustard
- 1 serving honey

Equipment

Directions

- Divide ricotta cheese among crostini. Top each piece with several ripe pear slices and some walnut pieces. Season with salt and pepper and drizzle each with honey.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.01, Glycemic Load:3.05, Inflammation Score:-3, Nutrition Score:6.2695652142815%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epigallocatechin: 0.21mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 209.93kcal (10.5%), Fat: 15.04g (23.14%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.27g (5.86%), Cholesterol: 39.53mg (13.18%), Sodium: 79.42mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Selenium: 12.08µg (17.26%), Calcium: 171.82mg (17.18%), Phosphorus: 154.02mg (15.4%), Manganese: 0.28mg (14.21%), Vitamin B2: 0.17mg (10.17%), Copper: 0.17mg (8.29%), Zinc: 1.18mg (7.85%), Vitamin A: 356.01IU (7.12%), Fiber: 1.64g (6.58%), Magnesium: 23.46mg (5.86%), Folate: 19.22µg (4.81%), Potassium: 157.84mg (4.51%), Vitamin B12: 0.26µg (4.39%), Vitamin B6: 0.09mg (4.25%), Iron: 0.6mg (3.35%), Vitamin B1: 0.04mg (2.81%), Vitamin K: 2.61µg (2.49%), Vitamin B5: 0.23mg (2.3%), Vitamin C: 1.62mg (1.96%), Vitamin E: 0.18mg (1.23%), Vitamin B3: 0.23mg (1.15%), Vitamin D: 0.16µg (1.03%)