



Pickled Fig, Robiola, & Pistachio Oil Crostini

READY IN



45 min.

SERVINGS



12

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings robiola cheese
- ☐ 12 slices ciabatta bread
- ☐ 6 figs dried
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons pistachios shelled toasted
- ☐ 0.5 cup red wine vinegar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

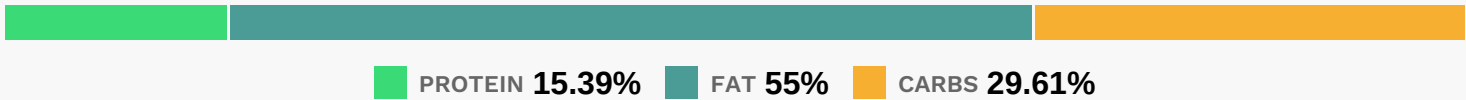
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine red wine vinegar, sugar, and dried figs with 1/4 cup water in a saucepan; bring to a simmer.
- ☐ Remove from heat and let sit until figs soften, about 30 minutes.
- ☐ Halve figs lengthwise. (Alternatively, use 6 fresh figs and halve lengthwise.)
- ☐ Finely crush pistachios and combine with extra-virgin olive oil.
- ☐ Grill bread slices.
- ☐ Smear room-temperature Robiola cheese onto warm toasts. Top with halved figs.
- ☐ Drizzle with pistachio oil.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:4.7421738939441%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 252.88kcal (12.64%), Fat: 15.51g (23.86%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 17.95g (6.53%), Sugar: 4.11g (4.56%), Cholesterol: 30mg (10%), Sodium: 334.97mg (14.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Calcium: 220.7mg (22.07%), Phosphorus: 147mg (14.7%), Selenium: 8.61µg (12.3%), Vitamin B2: 0.14mg (8.12%), Zinc: 1.16mg (7.72%), Vitamin A: 306.19IU (6.12%), Vitamin E: 0.92mg (6.11%), Vitamin B12: 0.32µg (5.3%), Vitamin K: 4.05µg (3.86%), Fiber: 0.83g (3.32%), Magnesium:

12.78mg (3.2%), Vitamin B6: 0.05mg (2.31%), Manganese: 0.04mg (2.15%), Copper: 0.04mg (1.98%), Potassium: 67.08mg (1.92%), Folate: 7.3µg (1.82%), Vitamin B1: 0.02mg (1.53%), Vitamin B5: 0.15mg (1.48%), Iron: 0.25mg (1.38%), Vitamin D: 0.18µg (1.2%)