



Point Reyes Bleu and Nectarine Bruschetta

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette
- ☐ 8 inch bamboo skewers
- ☐ 1 cup bleu cheese dip recommended: Point Reyes Bleu Cheese Dip
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 nectarines
- ☐ 0.5 cup olive oil

Equipment

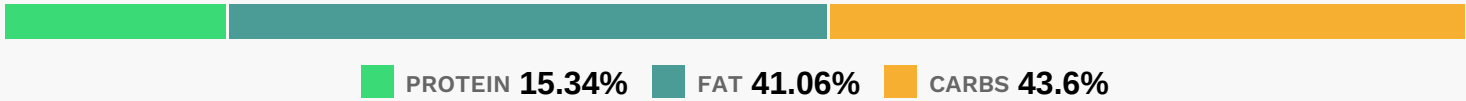
- ☐ grill

☐ skewers

Directions

- ☐ Preheat grill to medium heat.
- ☐ Slice the baguette on the bias to create long thin slices. Toss the baguette slices with the olive oil and salt and pepper, to taste.
- ☐ Cut the nectarines in half, remove the pit and cut each half into 4 wedges. Hold 2 skewers 1-inch apart in one hand and use the other to skewer each nectarine wedge on both. Skewer 4 wedges on each pair of skewers.
- ☐ Grill the bread until golden and toasted, about 1 minute per side. Meanwhile, grill the nectarines until they have grill marks and begin to soften, about 2 minutes per side.
- ☐ Spread some bleu cheese dip on each baguette slice and top with grilled nectarines.

Nutrition Facts



Properties

Glycemic Index:34.29, Glycemic Load:16.27, Inflammation Score:-5, Nutrition Score:8.8573913159578%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 247.75kcal (12.39%), Fat: 11.41g (17.55%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 25.25g (9.18%), Sugar: 7.73g (8.59%), Cholesterol: 16.88mg (5.63%), Sodium: 525.81mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin B1: 0.27mg (18.28%), Calcium: 164.72mg (16.47%), Selenium: 10.45µg (14.93%), Phosphorus: 146.12mg (14.61%), Vitamin B3: 2.92mg (14.61%), Folate: 57.06µg (14.27%), Vitamin B2: 0.24mg (14.11%), Manganese: 0.25mg (12.59%), Iron: 1.76mg (9.78%), Vitamin A: 408.38IU (8.17%), Fiber: 2.01g (8.05%), Vitamin E: 1.15mg (7.67%), Zinc: 1.1mg (7.33%), Vitamin B5: 0.68mg (6.82%), Copper: 0.12mg (6.14%), Potassium: 206.35mg (5.9%), Magnesium: 22.7mg (5.68%), Vitamin K: 5.54µg (5.28%), Vitamin B6: 0.1mg (5.17%), Vitamin B12: 0.27µg (4.57%), Vitamin C: 2.1mg (2.54%)