



Roasted Cranberries, Ricotta & Honey Crostini

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

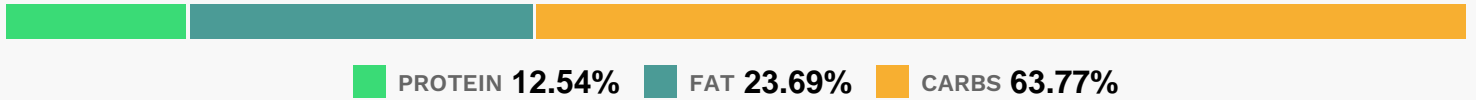
APPETIZER

Ingredients

- 1 slice bread
- 1 serving pepper
- 1 serving honey
- 1 serving ricotta cheese
- 1 serving goat cheese homemade (try my easy, creamy ricotta! or goat cheese would be work wonderfully, too)
- 1 serving sea salt
- 1 serving roasted cranberry sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:169.94, Glycemic Load:10.17, Inflammation Score:-3, Nutrition Score:7.1130434782609%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Taste

Sweetness: 100%, Saltiness: 49.72%, Sourness: 18.57%, Bitterness: 14.06%, Savoriness: 14.7%, Fattiness: 35.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 290.49kcal (14.52%), Fat: 7.83g (12.05%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 45.51g (16.55%), Sugar: 29.88g (33.2%), Cholesterol: 14.31mg (4.77%), Sodium: 441.27mg (19.19%), Protein: 9.33g (18.65%), Manganese: 0.42mg (21.23%), Copper: 0.28mg (14.17%), Selenium: 9.39µg (13.41%), Vitamin B2: 0.2mg (12%), Phosphorus: 117.74mg (11.77%), Iron: 1.91mg (10.61%), Vitamin B1: 0.15mg (9.79%), Vitamin B3: 1.77mg (8.87%), Calcium: 82.15mg (8.22%), Fiber: 1.93g (7.72%), Folate: 28.38µg (7.09%), Vitamin A: 344.86IU (6.9%), Vitamin B6: 0.12mg (5.91%), Vitamin E: 0.76mg (5.07%), Magnesium: 18.11mg (4.53%), Vitamin B5: 0.44mg (4.42%), Zinc: 0.62mg (4.11%), Vitamin K: 3.07µg (2.92%), Potassium: 72.94mg (2.08%), Vitamin B12: 0.06µg (1.01%)