



Roasted Squash Crostini with Whipped Goat Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 loaf crusty baguette french (20 inch)
- 3 tablespoons olive oil
- 1 lb delicata squash peeled
- 0.3 cup onion chopped
- 2 teaspoons garam masala
- 0.5 teaspoon ground cumin
- 0.3 teaspoon kosher salt

- 4 oz goat cheese soft (goat)
- 3 oz cream cheese softened (from 8-oz package)
- 3 tablespoons whipping cream
- 1 serving cilantro leaves fresh chopped
- 1 serving pistachios salted chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 350°F.
- Cut baguette into 40 (1/2-inch) slices.
- Place slices on ungreased cookie sheets; lightly brush with 1 tablespoon of the oil.
- Bake 6 to 9 minutes or until crisp. Cool completely.
- Meanwhile, cut squash in half lengthwise; remove and discard seeds.
- Cut squash into 1/2-inch cubes. In large bowl, mix squash and onion; drizzle with remaining 2 tablespoons oil.
- Sprinkle with garam masala, cumin and salt; stir to coat.
- Spread on ungreased 15x10x1-inch pan.
- Bake 15 minutes; stir.
- Bake 20 to 25 minutes longer or until vegetables are browned and tender.
- In medium bowl, beat goat cheese, cream cheese and cream with electric mixer on high speed until smooth.
- Spread about 1 teaspoon cheese mixture on top of each baguette slice. Top with slightly less than 1 tablespoon squash mixture.

Garnish with cilantro and pistachio nuts.

Nutrition Facts

PROTEIN 11.61% **FAT 55.22%** **CARBS 33.17%**

Properties

Glycemic Index:9.04, Glycemic Load:4.27, Inflammation Score:-4, Nutrition Score:3.6791304362857%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 105.81kcal (5.29%), Fat: 6.61g (10.18%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.12g (2.95%), Sugar: 1.55g (1.73%), Cholesterol: 9.45mg (3.15%), Sodium: 142.41mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 465.61IU (9.31%), Vitamin B1: 0.1mg (6.56%), Manganese: 0.12mg (6.11%), Vitamin B2: 0.09mg (5.45%), Folate: 21.07µg (5.27%), Copper: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 45.15mg (4.52%), Iron: 0.78mg (4.34%), Selenium: 2.94µg (4.2%), Vitamin C: 3.03mg (3.68%), Vitamin B3: 0.73mg (3.67%), Calcium: 35.46mg (3.55%), Potassium: 122.32mg (3.49%), Fiber: 0.82g (3.3%), Vitamin E: 0.47mg (3.12%), Magnesium: 9.95mg (2.49%), Vitamin K: 2.18µg (2.07%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.68%)