



Sunday Brunch: Toast with Kumquat Marmalade and Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

Ingredients

- ☐ 0.5 teaspoon peppercorns black crushed
- ☐ 0.3 teaspoon rosemary leaves fresh finely chopped
- ☐ 6 tablespoons goat cheese soft
- ☐ 12 ounces kumquats seeds removed rinsed cut into 1/4-inch rounds, and
- ☐ 4 slices bread
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

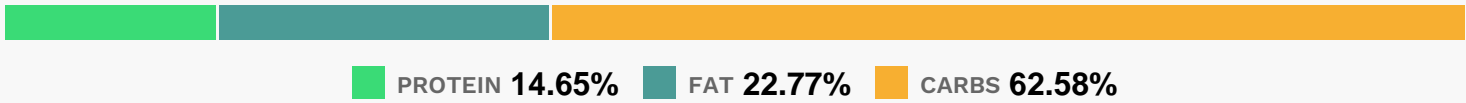
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan over medium-low heat, combine the water and sugar and stir occasionally until the sugar has dissolved.
- ☐ Add the kumquats, peppercorns, and fresh rosemary sprig. Stir to mix, making sure to bury the rosemary in the fruit.
- ☐ Bring to a simmer and cook for 10 to 15 minutes, until the kumquats are translucent and the liquid has reduced to the consistency of a thin syrup.
- ☐ Remove from the heat and discard the sprig of rosemary (and any needles that may have separated).
- ☐ Add the chopped rosemary and set aside to cool.
- ☐ Lightly toast the bread. Evenly spread the goat cheese on each slice of bread and top with a generous amount of kumquat marmalade. Leftover marmalade keeps well in the refrigerator for several weeks.

Nutrition Facts



Properties

Glycemic Index:42.95, Glycemic Load:16.03, Inflammation Score:-7, Nutrition Score:11.665652223255%

Flavonoids

Naringenin: 48.81mg, Naringenin: 48.81mg, Naringenin: 48.81mg, Naringenin: 48.81mg Apigenin: 18.6mg, Apigenin: 18.6mg, Apigenin: 18.6mg, Apigenin: 18.6mg

Nutrients (% of daily need)

Calories: 236.46kcal (11.82%), Fat: 6.21g (9.55%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 31.05g (11.29%), Sugar: 21.86g (24.29%), Cholesterol: 9.66mg (3.22%), Sodium: 212.76mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Vitamin C: 37.34mg (45.26%), Manganese: 0.8mg (40.22%), Fiber: 7.35g (29.39%), Copper: 0.31mg (15.42%), Calcium: 130.79mg (13.08%), Phosphorus: 130.15mg (13.02%), Vitamin B2: 0.21mg (12.13%), Selenium: 7.91µg (11.31%), Magnesium: 43.02mg (10.76%), Iron: 1.91mg (10.6%), Vitamin B1: 0.16mg (10.42%), Vitamin A: 467.6IU (9.35%), Vitamin B3: 1.7mg (8.51%), Vitamin B6: 0.15mg (7.26%), Folate: 28.84µg (7.21%), Potassium: 241.25mg (6.89%), Zinc: 0.84mg (5.6%), Vitamin B5: 0.52mg (5.2%), Vitamin K: 3.46µg (3.3%), Vitamin E: 0.32mg (2.15%)