



Sweet Potato Crostini with Goat Cheese and Grape Salsa



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



10

CALORIES



627 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 oz goat cheese crumbled
- ☐ 2 tablespoons green onions diced finely
- ☐ 2 tablespoons pepper jelly red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup grapes red seedless quartered
- ☐ 20 large waffle-cut sweet potato fries frozen

☐ 0.3 cup bell pepper diced yellow finely

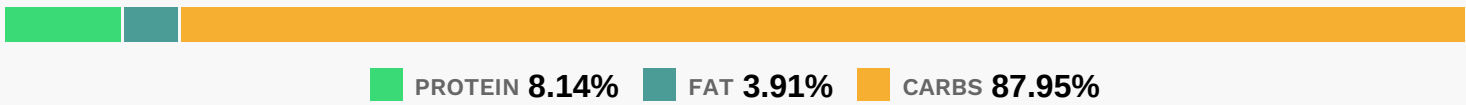
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 42
- ☐ Bake potatoes in a single layer on a lightly greased baking sheet 12 minutes; turn potatoes, and bake 5 to 7 more minutes or until crisp and lightly browned.
- ☐ Remove from pan; cool on a wire rack 10 minutes.
- ☐ Meanwhile, whisk together pepper jelly and lime juice in a small bowl; stir in grapes and next 3 ingredients.
- ☐ Arrange potatoes on a serving platter; sprinkle with goat cheese. Top with grape mixture, using a slotted spoon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:68.76, Inflammation Score:-10, Nutrition Score:36.406087095323%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 627.41kcal (31.37%), Fat: 2.77g (4.26%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 140.11g (46.7%), Net Carbohydrates: 119.47g (43.44%), Sugar: 31g (34.44%), Cholesterol: 5.22mg (1.74%), Sodium: 416.42mg (18.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.94%), Vitamin A: 96679.81IU (1933.6%), Manganese: 1.79mg (89.26%), Fiber: 20.65g (82.59%), Vitamin B6: 1.48mg (73.78%), Potassium: 2340.49mg (66.87%), Copper: 1.13mg (56.74%), Vitamin B5: 5.54mg (55.4%), Magnesium: 173.91mg (43.48%), Vitamin B1: 0.55mg (36.79%), Phosphorus: 353.7mg (35.37%), Vitamin C: 26.71mg (32.37%), Vitamin B2: 0.47mg (27.78%), Iron: 4.46mg (24.79%), Calcium: 223.03mg (22.3%), Folate: 79.23µg (19.81%), Vitamin B3: 3.92mg (19.62%), Vitamin K: 17.36µg (16.53%), Zinc: 2.17mg (14.48%), Vitamin E: 1.86mg (12.38%), Selenium: 4.43µg (6.34%)