



Tallegio Toasts with South Indian Tomato Chutney

READY IN



35 min.

SERVINGS



18

CALORIES



122 kcal

Ingredients

- 1 teaspoon brown mustard seeds black
- 1 tablespoon brown sugar
- 10 ounces cheese
- 2 pints cherry tomatoes
- 1 teaspoon cumin seeds
- 1 crusty baguette french
- 1 clove garlic minced
- 18 servings pepper black freshly ground
- 0.3 cup malt vinegar

- 1 tablespoon olive oil
- 1 shallots minced
- 0.3 cup water

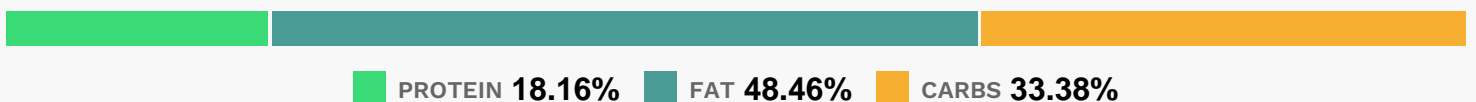
Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat the oven to 350 degrees F.
- In a medium saucepan over medium-high heat, combine the tomatoes, shallot, garlic, vinegar, water, and a sprinkling of salt, and pepper. Bring the mixture to a boil, and then turn down to a simmer, cooking about 5 minutes.
- Add the brown sugar. Cook another 5 minutes.
- Remove the saucepan from the heat.
- In a small saute pan, heat the olive oil until shimmering.
- Add the mustard seeds and cumin seeds and cook until they start popping.
- Pour the contents of the pan into the tomato chutney. Stir and season with salt, and pepper, to taste.
- Slice the baguette into 1/4-inch rounds.
- Place the slices on a large baking sheet and toast in the oven for 5 to 10 minutes, or until lightly golden.
- Serve a small wedge of cheese on each toast with a dollop of chutney. Enjoy!

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:4.77, Inflammation Score:-4, Nutrition Score:5.6673912691033%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 6.6g (10.16%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.49g (3.45%), Sugar: 2.78g (3.08%), Cholesterol: 15.75mg (5.25%), Sodium: 195.46mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin C: 12.16mg (14.74%), Calcium: 134.9mg (13.49%), Selenium: 7.2µg (10.28%), Phosphorus: 102.06mg (10.21%), Vitamin A: 416.93IU (8.34%), Vitamin B2: 0.13mg (7.45%), Manganese: 0.15mg (7.35%), Vitamin B1: 0.11mg (7.09%), Folate: 25.52µg (6.38%), Iron: 0.98mg (5.42%), Zinc: 0.78mg (5.18%), Vitamin B3: 0.93mg (4.65%), Potassium: 153.59mg (4.39%), Vitamin E: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.74%), Magnesium: 13.66mg (3.41%), Copper: 0.07mg (3.33%), Fiber: 0.75g (2.98%), Vitamin B12: 0.17µg (2.78%), Vitamin K: 2.92µg (2.78%), Vitamin B5: 0.19mg (1.93%)