



## Three Cheese Crostini Appetizer

READY IN



25 min.

SERVINGS



16

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 slices artisan type baguette french
- 0.5 tablespoon balsamic vinegar
- 0.3 cup basil pesto prepared
- 0.3 cup cheese blue crumbled
- 1.5 cups cherry tomatoes quartered
- 3 tablespoons basil leaves fresh finely chopped
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 2.5 tablespoons olive oil extra-virgin divided

- 0.3 cup pecorino romano cheese fresh shredded finely
- 2 to 3 grinds peppercorns black (using handheld grinder)
- 0.8 cup ricotta cheese
- 0.8 teaspoon salt divided
- 3 tablespoons shallots thinly sliced

## Equipment

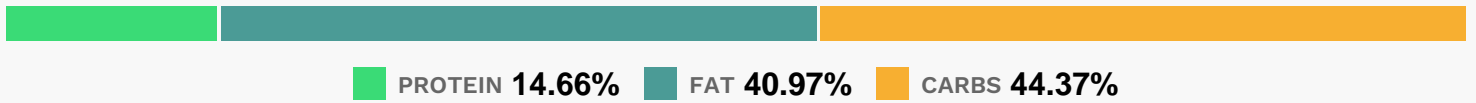
- bowl
- baking sheet
- oven
- aluminum foil
- broiler
- spatula
- slotted spoon

## Directions

- Position an oven rack 5 to 6 inches from the broiler element. Preheat the broiler to high. Line a baking sheet with heavy-duty aluminum foil.
- In a small bowl gently toss the tomatoes, shallots, 1/2 tablespoon of olive oil and vinegar together.
- Spread out the mixture on the prepared baking sheet. Set the baking sheet on a rack under the broiler element. Broil until the tomatoes begin to show a few black spots, about 4 minutes with oven door closed. Turn the mixture, using a spatula, and broil 3 minutes longer with the oven door closed.
- Remove from the oven and transfer the mixture with a slotted spoon to a small bowl; set the bowl aside until needed. Retain the broiler heat on high.
- While the tomatoes are broiling, combine the ricotta, blue cheese, pesto, 1/2 teaspoon salt, lemon juice and lemon peel in a medium bowl.
- Arrange the baguette slices on a large baking sheet and brush with the remaining 2 tablespoons of olive oil.

- Put the baking sheet on the rack under the broiler element and broil until golden, about 1 minute or so per side, watching carefully.
- Remove from oven.
- To assemble, season the tomato mixture with remaining 1/4 teaspoon salt and peppercorns, then stir in the basil.
- Spread some of the ricotta mixture over each crostini. Top with the tomato/onion mixture, then sprinkle with shredded cheese, dividing all the ingredients equally among the slices.
- Transfer to a serving plate and serve.

## Nutrition Facts



### Properties

Glycemic Index:20.92, Glycemic Load:10.81, Inflammation Score:-3, Nutrition Score:5.3569564987784%

### Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 155.48kcal (7.77%), Fat: 7.05g (10.85%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 16.27g (5.91%), Sugar: 2.26g (2.51%), Cholesterol: 9.45mg (3.15%), Sodium: 397.72mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin B1: 0.2mg (13.03%), Selenium: 7.82µg (11.17%), Folate: 39.29µg (9.82%), Calcium: 95.03mg (9.5%), Manganese: 0.18mg (8.83%), Vitamin B2: 0.14mg (8.42%), Vitamin B3: 1.57mg (7.85%), Iron: 1.34mg (7.43%), Phosphorus: 74.21mg (7.42%), Vitamin A: 240.74IU (4.81%), Vitamin C: 3.68mg (4.47%), Vitamin K: 4.47µg (4.26%), Fiber: 0.92g (3.66%), Zinc: 0.52mg (3.44%), Vitamin E: 0.51mg (3.42%), Magnesium: 12.74mg (3.18%), Vitamin B6: 0.06mg (3.08%), Copper: 0.06mg (2.83%), Potassium: 97.74mg (2.79%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.08µg (1.38%)