



## Apple Goat Cheese Bruschetta

 Vegetarian

READY IN



12 min.

SERVINGS



8

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bread french thin
- 0.8 teaspoon thyme leaves fresh chopped
- 1 fuji apple cored peeled chopped
- 0.3 cup goat cheese crumbled
- 0.3 teaspoon coarse ground pepper black
- 0.5 teaspoon oregano fresh chopped

### Equipment

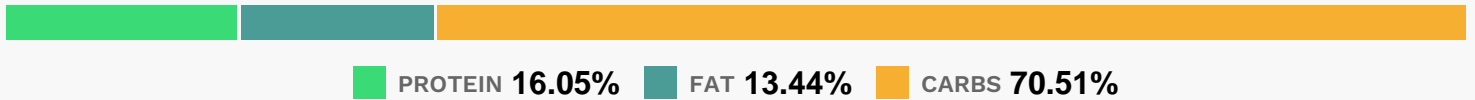
- bowl

- baking sheet
- oven
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack 3 to 4 inches from the heat source.
- Toss together the goat cheese, apple, thyme, oregano, and pepper in a bowl; set aside. Arrange the bread slices on a baking sheet; toast the bread under the broiler until golden brown, 1 to 2 minutes.
- Sprinkle the goat cheese mixture evenly over the bread slices. Return bread to oven to broil until cheese is softened, about 1 minute more.

## Nutrition Facts



## Properties

Glycemic Index:24.31, Glycemic Load:26.45, Inflammation Score:-6, Nutrition Score:8.8465217520361%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 205.32kcal (10.27%), Fat: 3.09g (4.76%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 34.48g (12.54%), Sugar: 5.39g (5.99%), Cholesterol: 3.26mg (1.09%), Sodium: 411.67mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Vitamin B1: 0.46mg (30.91%), Selenium: 18.51µg (26.44%), Folate: 80.64µg (20.16%), Manganese: 0.37mg (18.39%), Vitamin B2: 0.31mg (18.11%), Vitamin B3: 3.15mg (15.73%), Iron: 2.75mg (15.27%), Phosphorus: 88.35mg (8.83%), Fiber: 2.05g (8.2%), Copper: 0.16mg (7.9%), Magnesium: 23.5mg (5.87%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.1mg (4.88%), Calcium: 47.61mg (4.76%), Potassium: 104.61mg (2.99%), Vitamin B5: 0.28mg (2.79%), Vitamin A: 96.94IU (1.94%), Vitamin K: 1.96µg (1.86%), Vitamin C: 1.35mg (1.64%), Vitamin E: 0.21mg (1.41%)