



Avocado and Salmon Bruschetta

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

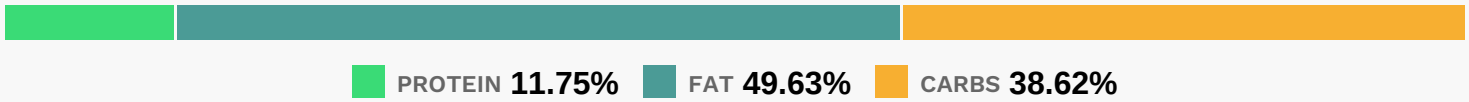
- ☐ 1 avocado
- ☐ 4 slices bread whole-wheat
- ☐ 16 servings pepper
- ☐ 1 tablespoon basil pesto prepared
- ☐ 16 servings salt
- ☐ 1 oz salmon smoked flaked

Equipment

Directions

- ☐ Toast bread.
- ☐ Spread pesto on one side of each slice. Pit, peel, and thinly slice avocado. Arrange avocado on bread slices, then cut each slice into quarters. Top with shredded lettuce or sprouts (optional), and smoked salmon or trout.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:2.3208695598271%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 2.59g (3.99%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.51g (0.57%), Cholesterol: 0.48mg (0.16%), Sodium: 250.46mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.11mg (5.74%), Fiber: 1.16g (4.65%), Folate: 16.18µg (4.04%), Selenium: 2.65µg (3.78%), Vitamin B3: 0.69mg (3.47%), Vitamin K: 3.15µg (3%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.25mg (2.49%), Vitamin B6: 0.05mg (2.26%), Potassium: 75.27mg (2.15%), Vitamin B2: 0.04mg (2.11%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.3mg (1.99%), Copper: 0.04mg (1.99%), Iron: 0.35mg (1.96%), Phosphorus: 18.63mg (1.86%), Magnesium: 7.01mg (1.75%), Vitamin C: 1.27mg (1.54%), Calcium: 12.52mg (1.25%), Zinc: 0.16mg (1.07%)