



Avocado Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocado cubed
- ☐ 36 slices crusty baguette french
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 spring onion chopped
- ☐ 0.3 teaspoon pepper white
- ☐ 2 teaspoons hot sauce

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 2 plum tomatoes diced seeded
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

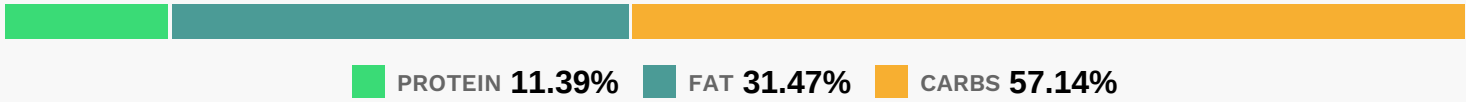
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 10 ingredients in a bowl; toss gently to combine. Cover and chill 2 hours.
- ☐ Combine 3 tablespoons olive oil, garlic, and salt.
- ☐ Place bread slices on a baking sheet, and brush evenly with olive oil mixture.
- ☐ Bake at 350 for 12 minutes or until toasted; cool.
- ☐ Top each toast evenly with avocado mixture.
- ☐ Sprinkle with cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:10.7, Inflammation Score:-2, Nutrition Score:4.6804347867551%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg,

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Nutrients (% of daily need)

Calories: 115.97kcal (5.8%), Fat: 4.08g (6.28%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 15.18g (5.52%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 237.16mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin B1: 0.2mg (13.07%), Folate: 44.42µg (11.1%), Manganese: 0.17mg (8.64%), Vitamin B3: 1.67mg (8.37%), Selenium: 5.58µg (7.97%), Vitamin B2: 0.12mg (7%), Iron: 1.21mg (6.69%), Fiber: 1.5g (5.98%), Vitamin K: 6.25µg (5.95%), Vitamin E: 0.58mg (3.84%), Phosphorus: 37.83mg (3.78%), Calcium: 36.25mg (3.63%), Vitamin B6: 0.07mg (3.39%), Copper: 0.06mg (3.19%), Magnesium: 12.26mg (3.07%), Potassium: 106.74mg (3.05%), Vitamin B5: 0.28mg (2.82%), Vitamin C: 2.19mg (2.66%), Zinc: 0.34mg (2.25%), Vitamin A: 59.92IU (1.2%)