



## Bacon Bruschetta Baguette

READY IN



20 min.

SERVINGS



24

CALORIES



45 kcal

### Ingredients

- 1 baguette
- 2 cloves garlic minced
- 2 green onions thinly sliced
- 0.5 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 0.5 cup miracle whip dressing
- 2 plum tomatoes seeded chopped
- 0.3 cup oscar mayer real bacon bits

### Equipment

- grill

aluminum foil

## Directions

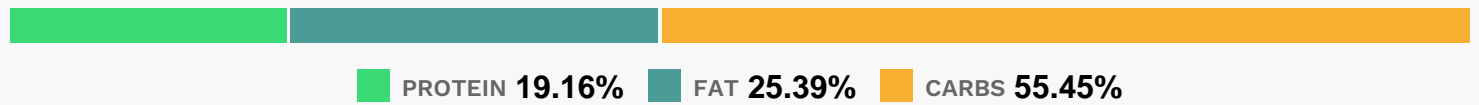
Heat grill to low heat.

Combine all ingredients except baguette halves; spread onto baguette halves.

Place on sheet of heavy-duty foil.

Grill 8 to 10 min. or until cheese mixture is hot and bubbly, and bread halves are toasted around the edges.

## Nutrition Facts



## Properties

Glycemic Index:7.16, Glycemic Load:3.53, Inflammation Score:-1, Nutrition Score:1.5030434636966%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 44.76kcal (2.24%), Fat: 1.28g (1.96%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.86g (2.13%), Sugar: 1.2g (1.33%), Cholesterol: 2.63mg (0.88%), Sodium: 146.44mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Vitamin B1: 0.06mg (4.24%), Folate: 12.57µg (3.14%), Manganese: 0.06mg (3%), Vitamin K: 2.79µg (2.66%), Selenium: 1.83µg (2.62%), Vitamin B3: 0.51mg (2.55%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.09%), Calcium: 17.61mg (1.76%), Fiber: 0.41g (1.65%), Phosphorus: 12.15mg (1.22%), Vitamin C: 0.97mg (1.18%), Vitamin A: 56.7IU (1.13%)