



Baked Bean Crostini

 Dairy Free

READY IN



38 min.

SERVINGS



10

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 5 slices bacon thick
- ☐ 28 oz baked beans canned
- ☐ 8.5 oz bread french
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 teaspoons jalapeno diced
- ☐ 1 slices barbecue sauce fresh chopped (Mexican cheese)
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup onion diced sweet
- ☐ 1 tablespoon mustard yellow

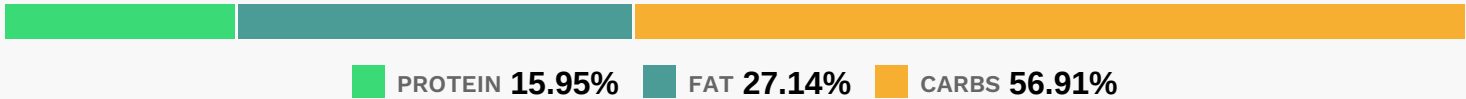
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ grill

Directions

- ☐ Preheat grill to 400 to 450 (high) heat.
- ☐ Cut bread into 40 (1/4-inch-thick) slices, discarding ends. Coat 1 side of each bread slice with cooking spray. Grill bread slices, without grill lid, 1 to 2 minutes on each side.
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Saut onion in hot drippings 5 minutes or until tender. Stir in beans and next 5 ingredients; cook over medium heat, stirring occasionally, 5 minutes or until thoroughly heated and slightly thickened. Spoon bean mixture onto grilled bread slices.
- ☐ Sprinkle with crumbled bacon.
- ☐ Serve with desired toppings.
- ☐ Note: We tested with Bush's Best Country Style
- ☐ Baked Beans. Instead of grilling, bread slices may be baked on a baking sheet at 350 for 8 minutes or until lightly toasted.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:14.6, Inflammation Score:-4, Nutrition Score:8.6678260448186%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 201kcal (10.05%), Fat: 6.25g (9.61%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 24.4g (8.87%), Sugar: 1.64g (1.82%), Cholesterol: 12.82mg (4.27%), Sodium: 623.17mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Manganese: 0.44mg (22.02%), Fiber: 5.08g (20.3%), Selenium: 13.4µg (19.14%), Vitamin B1: 0.25mg (16.68%), Folate: 60.51µg (15.13%), Iron: 2.4mg (13.32%), Phosphorus: 131.53mg (13.15%), Copper: 0.22mg (11%), Zinc: 1.57mg (10.43%), Vitamin B3: 2mg (9.98%), Magnesium: 38.15mg (9.54%), Potassium: 315.94mg (9.03%), Vitamin B2: 0.15mg (8.56%), Vitamin B6: 0.12mg (6.13%), Calcium: 58.31mg (5.83%), Vitamin C: 3.2mg (3.88%), Vitamin B5: 0.24mg (2.38%)