



the
5 factor **world diet**

WEIGHT-LOSS SECRETS
FROM THE HEALTHIEST
NATIONS ON THE PLANET
— UNLOCKED!

Balsamic Roasted Tomato and Goat Cheese Crisps

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



90 kcal

Ingredients

- 8 baby arugula
- 2 teaspoons balsamic vinegar
- 0.3 cup cannellini beans white drained and rinsed canned
- 8 cherry tomatoes
- 1 ounce goat cheese crumbled reduced-fat
- 0.5 teaspoon olive oil
- 2 servings salt and pepper black
- 4 large frangelico crisp

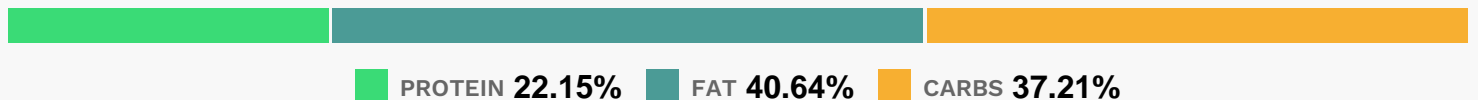
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350°F. In an 8- inch square baking dish, toss the tomatoes with the vinegar and salt and pepper to taste until coated.
- Bake for 8 to 10 minutes, until the tomatoes are soft, shaking the pan occasionally.
- In a small bowl, mash the beans and oil to form a thick paste. Top each cracker with white bean paste, 2 warm tomatoes, a sprinkling of cheese, and 2 arugula leaves.
- Serve.
- Taste
- Book, using the USDA Nutrition Database
- The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved. Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:6.5104348115299%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 90.41kcal (4.52%), Fat: 4.18g (6.43%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.94g (2.52%), Sugar: 2.8g (3.11%), Cholesterol: 6.52mg (2.17%), Sodium: 257.88mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Vitamin C: 16.7mg (20.25%), Vitamin A: 668.79IU (13.38%), Manganese: 0.23mg (11.68%), Vitamin K: 12.13µg (11.55%), Copper: 0.21mg (10.71%), Iron: 1.56mg (8.67%), Potassium: 288.68mg (8.25%), Folate: 32.84µg (8.21%), Phosphorus: 80.8mg (8.08%), Fiber: 1.68g (6.71%), Magnesium: 24.16mg (6.04%), Calcium: 57.94mg (5.79%), Vitamin B6: 0.11mg (5.59%), Vitamin E: 0.76mg (5.08%), Vitamin B2: 0.08mg (4.94%), Vitamin B1: 0.06mg (3.96%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.26mg (2.6%), Vitamin B3: 0.47mg (2.36%), Selenium: 1.12µg (1.6%)