



Banana Bread Bruschetta

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5.5 inch bakery banana bread
- ☐ 20 tablespoons goat cheese
- ☐ 5 teaspoons pear preserves

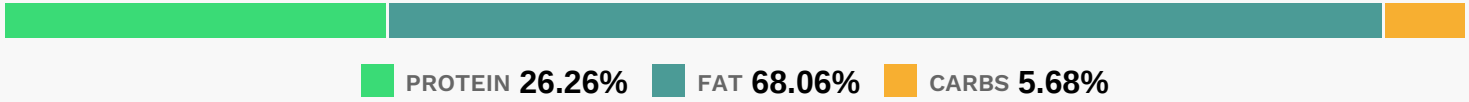
Equipment

- ☐ baking sheet

Directions

- ☐
- Slice 1 (4- x 5 1/2-inch) loaf bakery banana bread into (1/2-inch-thick) slices (about 10 slices).
- ☐
- Cut each slice in half, and arrange on a baking sheet. Broil 6 inches from heat 2 to 3 minutes.
- ☐
- Spread each slice evenly with 2 tsp. goat cheese and 1/2 tsp. apricot or pear preserves. Top with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.4069565171781%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.88kcal (3.99%), Fat: 6.05g (9.31%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.49g (0.54%), Cholesterol: 13.48mg (4.49%), Sodium: 107.28mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Copper: 0.21mg (10.4%), Phosphorus: 72.79mg (7.28%), Vitamin B2: 0.11mg (6.46%), Vitamin A: 296.74IU (5.93%), Calcium: 39.72mg (3.97%), Vitamin B6: 0.07mg (3.64%), Iron: 0.56mg (3.09%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.26mg (1.77%), Manganese: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.49%), Selenium: 0.96µg (1.37%), Magnesium: 4.85mg (1.21%)