



BBQ Pulled Pork Bruschetta

READY IN



35 min.

SERVINGS



6

CALORIES



458 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings barbecue sauce
- 2 tablespoons butter
- 6 servings chives sliced for garnish
- 1 loaf bread french sliced
- 2 cloves garlic smashed
- 6 servings olive oil
- 1.5 pounds onion sliced
- 0.5 pound barbequed pulled pork
- 6 servings salt and pepper black freshly ground

Equipment

- frying pan
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill to high.
- In a large saute pan over medium heat, add 2 tablespoons olive oil and butter to melt.
- Add the onions and saute, stirring constantly, until the onions are deep brown in color, about 20 minutes.
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- Add the onions and saute, stirring constantly, until the onions are deep brown in color, about 20 minutes.
- Brush the bread slices with olive oil. Rub the garlic clove on the bread and season with salt and pepper.
- Place on the grill in a single layer and cook until golden and crisp then repeat on the other side.
- Remove from grill and let cool slightly.
- Brush the bread slices with olive oil. Rub the garlic clove on the bread and season with salt and pepper.
- Place on the grill in a single layer and cook until golden and crisp then repeat on the other side.
- Remove from grill and let cool slightly.
- Top each piece of toast with a heaping spoonful of pork. Top with a spoonful of onions.
- Place a dollop of barbecue sauce on top of the bruschetta and garnish with chives.
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Nutrition Facts

■ PROTEIN 11.48% ■ FAT 43.12% ■ CARBS 45.4%

Properties

Glycemic Index:44.08, Glycemic Load:29.13, Inflammation Score:-7, Nutrition Score:12.657826055651%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg

Nutrients (% of daily need)

Calories: 457.6kcal (22.88%), Fat: 22.29g (34.29%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 49.32g (17.94%), Sugar: 13.76g (15.29%), Cholesterol: 26.29mg (8.76%), Sodium: 671.96mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.71%), Vitamin B1: 0.53mg (35.26%), Selenium: 19.85µg (28.36%), Manganese: 0.53mg (26.5%), Folate: 104.8µg (26.2%), Vitamin B2: 0.32mg (18.82%), Iron: 3.31mg (18.41%), Vitamin B3: 3.37mg (16.84%), Vitamin E: 2.3mg (15.33%), Fiber: 3.47g (13.9%), Vitamin C: 9.97mg (12.09%), Vitamin K: 12µg (11.43%), Vitamin B6: 0.22mg (11.12%), Phosphorus: 106.47mg (10.65%), Calcium: 84.41mg (8.44%), Magnesium: 33.74mg (8.43%), Copper: 0.15mg (7.61%), Potassium: 255.44mg (7.3%), Zinc: 0.91mg (6.07%), Vitamin A: 221.99IU (4.44%), Vitamin B5: 0.38mg (3.8%)