



## Beets and Preserved Lemon Bruschetta

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 olive oil with olive oil and grilled
- 1 cup beets diced
- 2 tablespoons chives snipped for garnish
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 tbsp simple preserved lemons minced
- 8 servings salt and pepper


### Equipment

- bowl

## Directions

- Combine beets, preserved lemon to taste, snipped chives, and oil in a bowl. Season to taste with salt and pepper.
- Spread a heaping tbsp. of beet mixture on each baguette toast.
- Garnish with chive pieces.
- \*Find preserved lemon at well-stocked grocery stores; salt-preserved Meyer lemons are especially delicious (you'll find them at [robertlambert.com](http://robertlambert.com)).

## Nutrition Facts

 **PROTEIN 1.72%**  **FAT 88.97%**  **CARBS 9.31%**

## Properties

Glycemic Index:13.63, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:1.451304335957%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 72.16kcal (3.61%), Fat: 7.29g (11.22%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 207.22mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin E: 1.05mg (7.02%), Vitamin K: 6µg (5.71%), Folate: 19.32µg (4.83%), Manganese: 0.06mg (2.96%), Fiber: 0.58g (2.33%), Potassium: 57.58mg (1.65%), Vitamin C: 1.27mg (1.54%), Magnesium: 4.23mg (1.06%), Iron: 0.19mg (1.06%)