



BLT Bruschetta

READY IN



20 min.

SERVINGS



20

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 bread baguette french ends trimmed cut into 36 slices
- 0.8 cup philadelphia cream cheese spread
- 1 large clove garlic peeled cut in half
- 1 cup lettuce chopped
- 0.3 cup parmesan cheese grated kraft
- 2 large plum tomatoes chopped

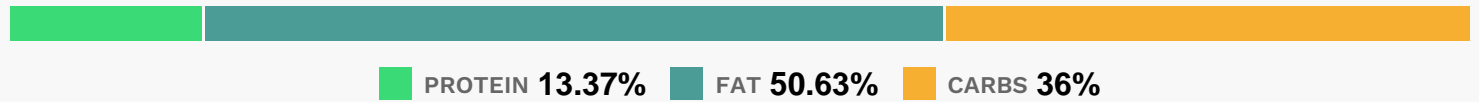
Equipment

grill

Directions

- Heat grill to medium heat.
- Grill bread slices 2 min. on each side; cool.
- Rub garlic onto toast slices; spread with cream cheese spread.
- Combine tomatoes, bacon, lettuce and dressing; spoon over toast slices.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:8.1, Inflammation Score:-2, Nutrition Score:3.6934782694215%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 131.88kcal (6.59%), Fat: 7.39g (11.37%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 11.26g (4.09%), Sugar: 1.52g (1.69%), Cholesterol: 12.54mg (4.18%), Sodium: 274.57mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Selenium: 8.1µg (11.57%), Vitamin B1: 0.17mg (11.39%), Vitamin B3: 1.36mg (6.81%), Folate: 26.68µg (6.67%), Manganese: 0.12mg (6.06%), Vitamin B2: 0.1mg (5.91%), Iron: 0.86mg (4.78%), Phosphorus: 46.68mg (4.67%), Calcium: 37.62mg (3.76%), Vitamin A: 168.27IU (3.37%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.4mg (2.68%), Magnesium: 9.01mg (2.25%), Fiber: 0.56g (2.24%), Copper: 0.04mg (1.99%), Potassium: 64.26mg (1.84%), Vitamin K: 1.53µg (1.46%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 1mg (1.21%), Vitamin B12: 0.07µg (1.11%)