



BLT Bruschetta



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



5

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 slices bacon
- ☐ 10 baguette with olive oil and grilled
- ☐ 0.5 cup cherry tomatoes
- ☐ 1 tablespoon chives snipped
- ☐ 0.5 cup iceberg lettuce shredded
- ☐ 2 tablespoons mayonnaise
- ☐ 5 servings salt and pepper

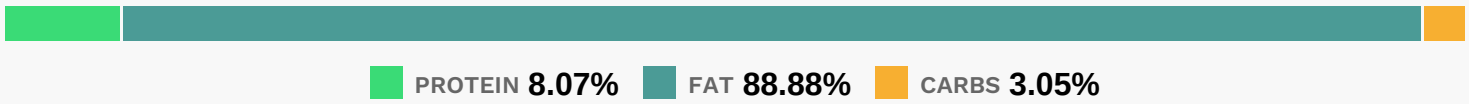
Equipment

☐ bowl

Directions

- ☐ Cut bacon slices in half and cook until crisp. Halve or quarter tomatoes.
- ☐ Combine tomatoes in a bowl with lettuce, chives, and mayonnaise. Season to taste with salt and pepper.
- ☐ Spread some tomato mixture on each baguette toast and top each with a slice of bacon.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.92130436068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 151.37kcal (7.57%), Fat: 14.95g (23%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.56g (0.62%), Cholesterol: 16.87mg (5.62%), Sodium: 377.41mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin K: 13.76µg (13.11%), Selenium: 4.64µg (6.63%), Vitamin B3: 0.98mg (4.88%), Vitamin C: 3.95mg (4.78%), Vitamin B1: 0.07mg (4.67%), Vitamin E: 0.66mg (4.43%), Phosphorus: 38.82mg (3.88%), Vitamin B6: 0.07mg (3.73%), Vitamin A: 146.9IU (2.94%), Potassium: 89.15mg (2.55%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.12µg (1.95%), Vitamin B5: 0.16mg (1.59%), Manganese: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.45%), Iron: 0.26mg (1.42%), Folate: 4.93µg (1.23%), Copper: 0.02mg (1.22%), Magnesium: 4.8mg (1.2%)