



BLT Crostini

READY IN



30 min.

SERVINGS



12

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz swiss cheese shredded
- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 12 slices crusty baguette french (1/)
- ☐ 6 slices bacon refrigerated fully cooked cut in half (from 2.1-oz package)
- ☐ 0.3 cup lettuce shredded finely
- ☐ 4 cherry tomatoes cut into 3 slices

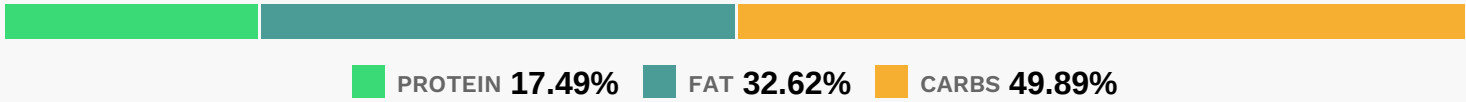
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In small bowl, mix cheese, mayonnaise and onions.
- ☐ Spread about 1 teaspoon cheese mixture on each bread slice; place on ungreased cookie sheet. Top each with half slice of bacon.
- ☐ Bake 10 to 12 minutes or until edges of bread are golden brown and cheese is melted.
- ☐ Garnish each crostini with lettuce and tomato slice.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:10.6, Inflammation Score:-2, Nutrition Score:5.1673912943705%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 133.47kcal (6.67%), Fat: 4.79g (7.36%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 15.71g (5.71%), Sugar: 2.22g (2.47%), Cholesterol: 8.35mg (2.78%), Sodium: 323.25mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin B1: 0.21mg (14.22%), Selenium: 9.09µg (12.98%), Vitamin B3: 1.92mg (9.6%), Folate: 36.48µg (9.12%), Manganese: 0.16mg (8.03%), Calcium: 78.34mg (7.83%), Phosphorus: 76.03mg (7.6%), Vitamin B2: 0.13mg (7.57%), Iron: 1.22mg (6.78%), Vitamin K: 6.36µg (6.06%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.07mg (3.34%), Vitamin B12: 0.19µg (3.1%), Magnesium: 12.18mg (3.04%), Fiber: 0.76g (3.02%), Copper: 0.05mg (2.58%), Potassium: 84.34mg (2.41%), Vitamin B5: 0.2mg (1.95%), Vitamin E: 0.29mg (1.9%), Vitamin C: 1.54mg (1.87%), Vitamin A: 87.67IU (1.75%)