



Blue Cheese and Honey Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette
- ☐ 3 ounces cheese blue
- ☐ 2 tablespoons honey

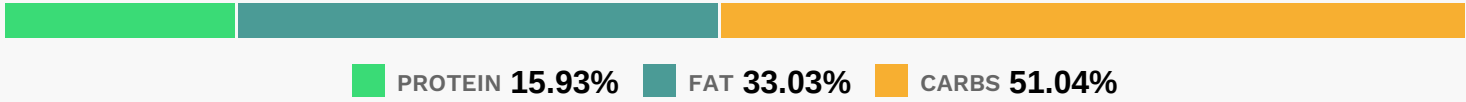
Equipment

- ☐ baking sheet

Directions

- ☐ Thinly slice half a baguette.
- ☐ Place the rounds on a baking sheet and broil them until they're golden brown (about 1 1/2 minutes per side). Divide the blue cheese among the toasted bread slices.
- ☐ Drizzle 2 tablespoons honey evenly over them.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:3.7799999950373%

Nutrients (% of daily need)

Calories: 125.28kcal (6.26%), Fat: 4.64g (7.13%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.67g (5.7%), Sugar: 6.8g (7.55%), Cholesterol: 10.63mg (3.54%), Sodium: 292.04mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Calcium: 97.14mg (9.71%), Vitamin B1: 0.13mg (8.36%), Selenium: 5.69µg (8.14%), Phosphorus: 74.93mg (7.49%), Vitamin B2: 0.12mg (7.28%), Folate: 27.53µg (6.88%), Vitamin B3: 1.1mg (5.49%), Manganese: 0.1mg (5.18%), Iron: 0.79mg (4.4%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.17µg (2.88%), Vitamin B6: 0.05mg (2.34%), Magnesium: 8.82mg (2.2%), Vitamin A: 108.15IU (2.16%), Potassium: 65.76mg (1.88%), Fiber: 0.45g (1.81%), Copper: 0.03mg (1.67%)