

Blue Cheese Wedge Salad Crostini

 Popular

READY IN



22 min.

SERVINGS



12

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings pepper black
- ☐ 4 slices bacon cooked chopped
- ☐ 3 spring onion chopped for garnish
- ☐ 8 cherry tomatoes cut into quarters
- ☐ 12 servings garlic salt
- ☐ 1 tablespoon cheese dressing blue
- ☐ 2 tablespoons olive oil
- ☐ 12 slices crusty baguette french sliced

- ☐ 2 tablespoons cheese blue
- ☐ 2 cups lettuce chopped

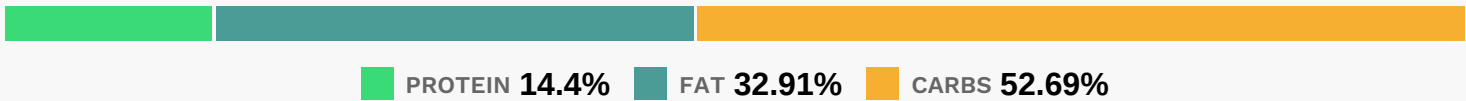
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°.
- ☐ Place baguette slices on baking sheet and brush with olive oil and season lightly with garlic salt.
- ☐ Bake until lightly toasted, 8–12 minutes.
- ☐ Remove from oven and let cool on baking sheet.
- ☐ Meanwhile, toss lettuce, tomatoes, bacon and blue cheese in a small bowl, then dress with blue cheese dressing.
- ☐ Top each slice of crostini with salad mixture, garnish with green onion and cracked black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:10.69, Inflammation Score:-3, Nutrition Score:5.336086910056%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 126.27kcal (6.31%), Fat: 4.61g (7.09%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.6g (5.67%), Sugar: 2.13g (2.37%), Cholesterol: 3.53mg (1.18%), Sodium: 464.5mg (20.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin B1: 0.21mg (14.17%), Vitamin K: 12.04µg (11.47%), Folate: 41.59µg (10.4%), Selenium: 7.14µg (10.2%), Manganese: 0.19mg (9.71%), Vitamin B3: 1.84mg (9.19%), Iron: 1.33mg (7.41%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 53.14mg (5.31%), Calcium: 47.32mg (4.73%), Vitamin C: 3.49mg (4.23%), Fiber: 1g (3.99%), Vitamin E: 0.55mg (3.66%), Vitamin B6: 0.07mg (3.29%), Vitamin A: 156.04IU (3.12%), Potassium: 107.33mg (3.07%), Magnesium: 12.14mg (3.03%), Copper: 0.06mg (2.88%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.2mg (2%)