



Breakfast Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 crusty baguette sliced into 1-inch diagonals cut in half lengthwise and
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup curd cottage cheese
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 tablespoons olive oil
- ☐ 1 cup grapes green red sliced
- ☐ 1 cup strawberries hulled sliced
- ☐ 1 tablespoon walnut pieces chopped

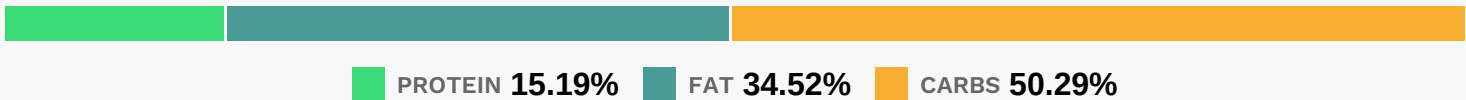
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place fruit in a small bowl; sprinkle with cinnamon and nutmeg. In another bowl, mix cheese and nuts.
- ☐ Brush bread lightly with olive oil and place on an ungreased baking sheet.
- ☐ Bake at 450 degrees until the bread turns golden, about 3 minutes.
- ☐ Remove from oven and spread cheese mixture on each piece of bread. Top with fruit mixture.

Nutrition Facts



Properties

Glycemic Index:69.94, Glycemic Load:24.96, Inflammation Score:-5, Nutrition Score:12.573478329441%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 329.76kcal (16.49%), Fat: 12.79g (19.67%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 39.29g (14.29%), Sugar: 12.03g (13.37%), Cholesterol: 8.93mg (2.97%), Sodium: 552.95mg (24.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Manganese: 0.57mg (28.29%), Vitamin B1: 0.42mg (28.09%), Vitamin C: 22.42mg (27.17%), Selenium: 16.15µg (23.07%), Folate: 85.07µg (21.27%), Vitamin B2: 0.32mg (19.08%), Phosphorus: 167.9mg (16.79%), Vitamin B3: 3.13mg (15.65%), Iron: 2.6mg (14.45%), Calcium: 122.62mg (12.26%), Vitamin K: 12.5µg (11.9%), Fiber: 2.62g (10.48%), Copper: 0.2mg (9.84%), Vitamin E: 1.43mg (9.52%), Magnesium: 31.91mg (7.98%), Potassium: 271.14mg (7.75%), Vitamin B6: 0.15mg (7.61%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.86mg (5.74%), Vitamin B12: 0.23µg (3.76%), Vitamin A: 103.67IU (2.07%)