



Bruschetta-Goat Cheese Cups

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce goat cheese log crumbled
- ☐ 0.3 cup pepper sweet refrigerated
- ☐ 1.4 ounce pastry shells crispy
- ☐ 6 servings garnish: thyme leaves fresh

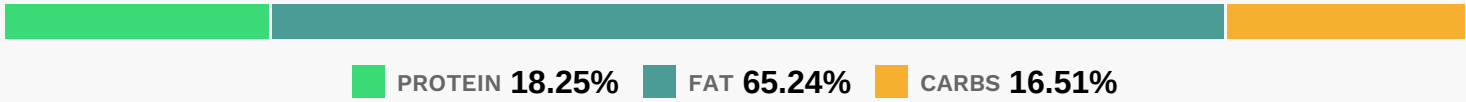
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place shells in a shallow pan. Divide goat cheese evenly between shells, pressing gently to fill bottom of each. Spoon 1 teaspoon bruschetta topping into each shell.
- ☐ Bake at 350 for 4 to 5 minutes or until thoroughly heated.
- ☐ Garnish, if desired.
- ☐ Pesto–Goat Cheese Cups: Substitute 1/4 cup prepared basil pesto for 1/3 cup bruschetta topping. Proceed as directed, omitting thyme leaves. Top with finely chopped tomato and toasted pine nuts after baking.
- ☐ Note: For testing purposes only, we used Siljans Croustades Crispy Shells and Gia Russa Sweet Pepper, Vegetable & Olive Bruschetta Topping.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:3.5599999816521%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 89.51kcal (4.48%), Fat: 6.55g (10.07%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.31g (1.21%), Sugar: 0.56g (0.63%), Cholesterol: 8.69mg (2.9%), Sodium: 86.44mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 12.2mg (14.78%), Vitamin A: 501.99IU (10.04%), Copper: 0.15mg (7.64%), Vitamin B2: 0.1mg (6.02%), Phosphorus: 55.56mg (5.56%), Iron: 0.74mg (4.1%), Manganese: 0.08mg (3.88%), Vitamin B6: 0.08mg (3.81%), Calcium: 31.75mg (3.18%), Selenium: 2.14µg (3.05%), Vitamin B1: 0.04mg (2.97%), Folate: 11.69µg (2.92%), Vitamin B3: 0.46mg (2.28%), Vitamin K: 1.81µg (1.72%), Magnesium: 6.68mg (1.67%), Fiber: 0.41g (1.65%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.2mg (1.34%)