



Bruschetta Gorgonzola and Apples

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon brandy
- ☐ 1 ounce diagonally bread french cut
- ☐ 2 tablespoons butter softened
- ☐ 6 garlic cloves halved
- ☐ 1.5 ounces gorgonzola cheese crumbled
- ☐ 3 granny smith apples cut into 8 wedges 18 ounces

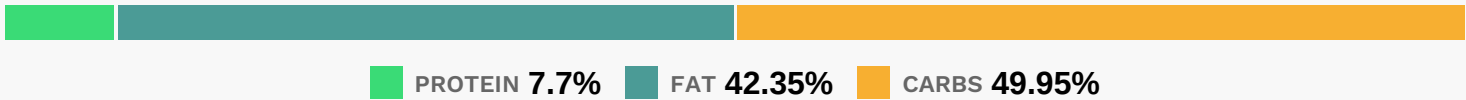
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients in a small bowl, stirring until blended.
- ☐ Place bread slices on grill rack coated with cooking spray; cook 2 minutes on each side or until lightly browned.
- ☐ Remove from grill. Rub cut sides of garlic over one side of each bread slice.
- ☐ Spread 2 teaspoons cheese mixture over each bread slice.
- ☐ Serve with apple wedges.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:2.77, Inflammation Score:-1, Nutrition Score:1.707391279871%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 64.5kcal (3.22%), Fat: 3.05g (4.7%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.88g (5.42%), Cholesterol: 7.67mg (2.56%), Sodium: 70.7mg (3.07%), Alcohol: 0.42g (100%), Alcohol %: 0.94% (100%), Protein: 1.25g (2.5%), Fiber: 1.18g (4.72%), Vitamin C: 2.56mg (3.1%), Manganese: 0.06mg (2.83%), Calcium: 26.04mg (2.6%), Phosphorus: 24.14mg (2.41%), Vitamin B6: 0.05mg (2.29%), Vitamin B2: 0.04mg (2.23%), Vitamin A: 110.17IU (2.2%), Selenium: 1.43µg (2.04%), Potassium: 67.4mg (1.93%), Vitamin B1: 0.03mg (1.92%), Folate: 5.67µg (1.42%), Vitamin K: 1.33µg (1.26%), Copper: 0.02mg (1.12%),

Vitamin B5: 0.11mg (1.09%), Magnesium: 4.3mg (1.08%), Zinc: 0.16mg (1.05%), Iron: 0.19mg (1.04%), Vitamin B3: 0.2mg (1.02%), Vitamin E: 0.15mg (1.01%)