



## Bruschetta II

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups almonds finely chopped
- 8 servings pepper black freshly ground
- 8 ounce baguette french
- 3 tablespoons basil fresh chopped
- 1 clove garlic minced
- 2 tablespoons green onion thinly sliced
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 8 servings salt to taste

- 1.5 cups spinach – packed rinsed
- 1 cup tomatoes chopped

## Equipment

- food processor
- baking sheet
- oven
- mixing bowl
- blender

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Arrange the bread slices on a non-stick cookie sheet.
- In an electric blender or food processor combine the spinach, Parmesan, almonds, basil, garlic, salt and pepper. Blend until a paste forms. Pulse in 2 tablespoons olive oil; continue pulsing until the mixture is the consistency of soft butter.
- In a small mixing bowl combine chopped tomatoes, green onion and 1 tablespoon olive oil; stir.
- Bake the bread slices for 5 minutes or until crisp and brown.
- Arrange toast on a serving platter.
- Spread each piece of toast with a thin layer of the blended pesto, then top with the tomato mixture.

## Nutrition Facts



**PROTEIN 13.44%** **FAT 64.12%** **CARBS 22.44%**

## Properties

Glycemic Index:39.47, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:24.434782632667%

## Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## **Nutrients (% of daily need)**

Calories: 462.74kcal (23.14%), Fat: 34.6g (53.24%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 19.51g (7.09%), Sugar: 4.22g (4.69%), Cholesterol: 5.44mg (1.81%), Sodium: 484.73mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin E: 14.83mg (98.86%), Manganese: 1.46mg (73.22%), Vitamin B2: 0.74mg (43.55%), Magnesium: 161.89mg (40.47%), Vitamin K: 39.14µg (37.28%), Phosphorus: 333.43mg (33.34%), Fiber: 7.73g (30.92%), Copper: 0.61mg (30.71%), Calcium: 240.4mg (24.04%), Vitamin B1: 0.29mg (19.32%), Iron: 3.29mg (18.29%), Folate: 69.51µg (17.38%), Vitamin B3: 3.4mg (17.01%), Vitamin A: 792.3IU (15.85%), Potassium: 524.53mg (14.99%), Zinc: 2.25mg (14.98%), Selenium: 9.39µg (13.41%), Vitamin B6: 0.14mg (7.04%), Vitamin C: 4.67mg (5.66%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.08µg (1.41%)