



Bruschetta" Toppers

READY IN



27 min.

SERVINGS



12

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 Tbsp basil fresh chopped
- ☐ 0.5 tsp garlic minced
- ☐ 2 green onions chopped
- ☐ 2 Tbsp lite house dressing italian kraft
- ☐ 0.3 cup parmesan cheese grated kraft
- ☐ 3 plum tomatoes chopped
- ☐ 36 woven wheat crackers reduced-fat

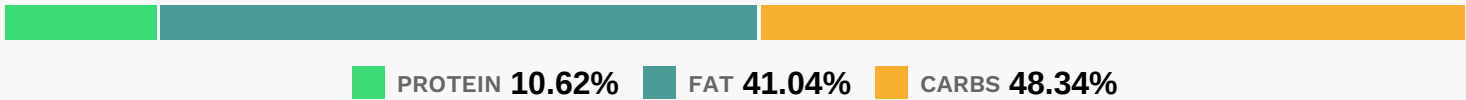
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400F.
- ☐ Combine all ingredients except crackers; spoon onto crackers.
- ☐ Place on baking sheet.
- ☐ Bake 5 to 7 min. or until hot.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:1.7434782661174%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 45.26kcal (2.26%), Fat: 2.1g (3.23%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.49g (1.65%), Cholesterol: 1.81mg (0.6%), Sodium: 105.86mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin K: 11.13µg (10.6%), Vitamin A: 223.36IU (4.47%), Vitamin C: 2.73mg (3.31%), Calcium: 27.39mg (2.74%), Fiber: 0.64g (2.57%), Phosphorus: 18.8mg (1.88%), Manganese: 0.04mg (1.87%), Potassium: 51.71mg (1.48%), Iron: 0.26mg (1.46%), Selenium: 0.81µg (1.16%), Vitamin E: 0.17mg (1.12%), Folate: 4.45µg (1.11%)