



Bruschetta with Fontina and Greens

 Vegetarian

READY IN



32 min.

SERVINGS



6

CALORIES



449 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cups baby spinach
- ☐ 1 pound ciabatta bread trimmed cut into 14 1/2 slices
- ☐ 4 ounces fontina shredded
- ☐ 3 cloves garlic minced
- ☐ 1 garlic clove halved
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin for drizzling

☐ 0.3 teaspoon pepper flakes red crushed

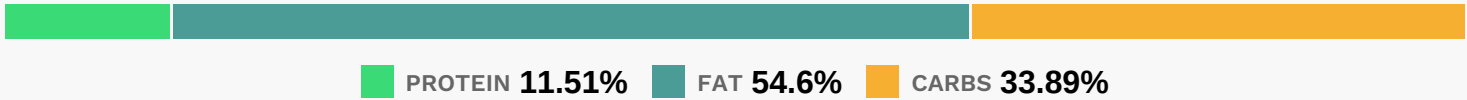
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ For the toasts: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Arrange the bread slices in a single layer on the baking sheet and drizzle with olive oil.
- ☐ Bake until light golden, about 10 minutes. Cool for 2 minutes. Rub the warm toasts with the cut side of the garlic. Set aside.
- ☐ For the topping: In a large skillet, heat the oil over medium-high heat.
- ☐ Add the garlic and red pepper flakes and cook until the garlic is fragrant, about 30 seconds.
- ☐ Add 1/2 of the spinach and stir until it begins to wilt, about 2 to 3 minutes.
- ☐ Add the remaining spinach and cook until wilted, about 2 minutes. Season with salt, to taste. Using tongs, arrange the spinach on top of the toasts.
- ☐ Sprinkle with cheese and bake for 5 to 8 minutes until the cheese is melted and bubbling. Season with salt and cool for 2 minutes.
- ☐ Transfer the bruschetta to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:18.422173919885%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 449.3kcal (22.46%), Fat: 27.66g (42.56%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 36.41g (13.24%), Sugar: 0.57g (0.63%), Cholesterol: 21.92mg (7.31%), Sodium: 764.95mg (33.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Vitamin K: 303.06µg (288.62%), Vitamin A: 5823.64IU (116.47%), Folate: 117.62µg (29.4%), Vitamin E: 4.33mg (28.84%), Manganese: 0.58mg (28.81%), Vitamin C: 17.48mg (21.19%), Calcium: 167.57mg (16.76%), Magnesium: 50.68mg (12.67%), Iron: 1.84mg (10.21%), Potassium: 356.79mg (10.19%), Phosphorus: 98.1mg (9.81%), Vitamin B2: 0.15mg (9.11%), Fiber: 2.22g (8.89%), Vitamin B6: 0.16mg (7.96%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.32µg (5.29%), Selenium: 3.64µg (5.2%), Copper: 0.09mg (4.48%), Vitamin B1: 0.05mg (3.67%), Vitamin B3: 0.49mg (2.43%), Vitamin B5: 0.13mg (1.33%)