



Bruschetta with Gorgonzola Cheese and Honey

 Vegetarian  Popular

READY IN



25 min.

SERVINGS



36

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 slices bread (1/)
- ☐ 8 ounces gorgonzola crumbled
- ☐ 4 tablespoons honey
- ☐ 0.3 cup olive oil extra virgin extra-virgin

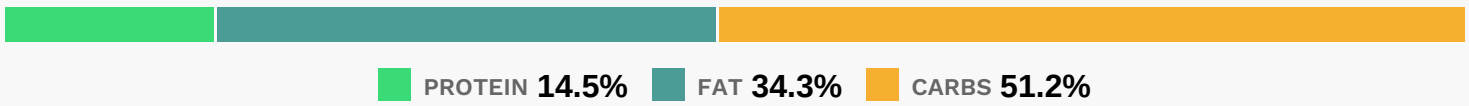
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. Arrange the sliced baguette on a baking sheet.
- ☐ Brush with olive oil.
- ☐ Bake until the bread is pale golden and crisp, about 8 to 10 minutes.
- ☐ Arrange the cheese on the toasts and bake until the cheese is melted, about 3 minutes.
- ☐ Drizzle the toasts with honey.
- ☐ Place on a serving platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:8.19, Inflammation Score:-1, Nutrition Score:4.4960869408172%

Nutrients (% of daily need)

Calories: 119.31kcal (5.97%), Fat: 4.58g (7.04%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 14.25g (5.18%), Sugar: 3.55g (3.95%), Cholesterol: 4.72mg (1.57%), Sodium: 205.01mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Manganese: 0.34mg (16.81%), Selenium: 9µg (12.85%), Vitamin B3: 1.63mg (8.16%), Vitamin B1: 0.12mg (7.79%), Calcium: 68.42mg (6.84%), Folate: 26.11µg (6.53%), Phosphorus: 60.59mg (6.06%), Iron: 1.05mg (5.81%), Vitamin B2: 0.1mg (5.62%), Fiber: 1.12g (4.5%), Vitamin B5: 0.34mg (3.4%), Magnesium: 12.98mg (3.24%), Zinc: 0.46mg (3.09%), Vitamin K: 2.43µg (2.31%), Copper: 0.04mg (2.24%), Vitamin B6: 0.04mg (2.1%), Vitamin E: 0.28mg (1.9%), Potassium: 56.84mg (1.62%), Vitamin B12: 0.08µg (1.28%)