



Bruschetta with Hummus

READY IN



503 min.

SERVINGS



6

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 14 ounce garbanzo beans drained canned
- 12 slices ciabatta bread
- 0.5 cup feta cheese crumbled
- 0.3 teaspoon garlic fresh chopped
- 1 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 3 tablespoons juice of lemon fresh
- 2 teaspoons olive oil

- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.3 cup parmesan cheese grated
- 24 slices roma tomatoes (plum)

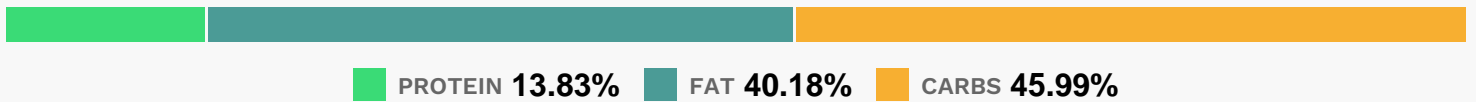
Equipment

- food processor
- oven
- broiler

Directions

- For the hummus, place the drained garbanzos, lemon juice, garlic, cumin, and olive oil in a food processor. Process until blended, about 1 minute. Refrigerate overnight. Bring to room temperature before making the bruschetta.
- Spread a teaspoon of butter on each slice of ciabatta; sprinkle with a teaspoon of Parmesan cheese.
- Place under broiler until slices are golden, about 3 minutes.
- Remove from oven and spread with a generous tablespoon of hummus.
- Sprinkle with a dusting of paprika.
- To serve, top with tomato slices, feta cheese, and a sprinkle of the oregano and garlic powder.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:7.834347826087%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 323.07kcal (16.15%), Fat: 14.65g (22.53%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 33.81g (12.29%), Sugar: 0.37g (0.41%), Cholesterol: 35.09mg (11.7%), Sodium: 735.6mg (31.98%), Protein: 11.35g (22.69%), Manganese: 0.59mg (29.26%), Vitamin B6: 0.4mg (19.85%), Fiber: 3.91g (15.65%), Calcium: 132.23mg (13.22%), Phosphorus: 129.51mg (12.95%), Vitamin A: 539.77IU (10.8%), Vitamin B2: 0.14mg (8.35%), Zinc: 1.06mg (7.06%), Selenium: 4.94µg (7.05%), Iron: 1.22mg (6.77%), Magnesium: 24.99mg (6.25%), Folate: 24.37µg (6.09%), Copper: 0.12mg (5.93%), Vitamin B12: 0.28µg (4.73%), Vitamin E: 0.65mg (4.35%), Vitamin C: 3.58mg (4.34%), Potassium: 149.92mg (4.28%), Vitamin K: 4.43µg (4.21%), Vitamin B5: 0.37mg (3.72%), Vitamin B1: 0.05mg (3.33%), Vitamin B3: 0.31mg (1.53%)