



Bruschetta with Mozzarella

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

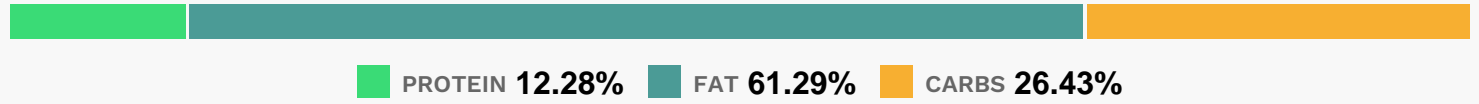
- 2 green onions sliced
- 1 Tbsp 1 tbsp. kraft lite zesty italian dressing italian kraft
- 8 oz philadelphia neufchatel cheese softened
- 0.3 cup milk mozzarella cheese shredded 2% kraft
- 1 small tomatoes finely chopped
- 40 woven wheat crackers

Equipment

Directions

- Combine first 4 ingredients.
- Spread crackers with Neufchatel.
- Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:2.1052173845794%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 7.41g (11.39%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.5g (2.36%), Sugar: 2.22g (2.47%), Cholesterol: 18.99mg (6.33%), Sodium: 167.3mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin K: 6.96µg (6.63%), Vitamin A: 309.92IU (6.2%), Calcium: 48.3mg (4.83%), Phosphorus: 44.5mg (4.45%), Vitamin B2: 0.05mg (2.75%), Fiber: 0.68g (2.73%), Vitamin B12: 0.13µg (2.2%), Vitamin C: 1.7mg (2.07%), Zinc: 0.29mg (1.96%), Potassium: 66.03mg (1.89%), Selenium: 1.2µg (1.71%), Iron: 0.29mg (1.63%), Folate: 6.27µg (1.57%), Vitamin B5: 0.14mg (1.44%), Vitamin E: 0.19mg (1.27%), Magnesium: 4.38mg (1.1%)