



Bruschetta with Peach Salsa and Melted Brie

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce bread baguette french cut into 24 slices
- 4 ounces brie cheese chilled cut into 24 pieces
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup green onions chopped
- 1 Dash ground pepper red
- 1 tablespoon juice of lime fresh
- 2 cups peaches peeled chopped (4)
- 0.8 cup bell pepper red finely chopped (1)

1 tablespoon sugar

Equipment

frying pan

baking sheet

oven

broiler

Directions

Preheat broiler.

Combine first 7 ingredients; set aside.

Arrange bread slices in an even layer on a baking sheet. Top each bread slice with 1 piece of cheese; broil 3 minutes or until cheese melts and bread is toasted.

Remove pan from oven. Top each bread slice with about 1 1/2 tablespoons salsa; serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:5.3839130427526%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 101.04kcal (5.05%), Fat: 3.18g (4.9%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.21g (4.8%), Sugar: 4.53g (5.03%), Cholesterol: 9.45mg (3.15%), Sodium: 177.33mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin C: 13.76mg (16.68%), Selenium: 7.34µg (10.49%), Vitamin B1: 0.15mg (10.23%), Vitamin A: 460.55IU (9.21%), Folate: 36.72µg (9.18%), Vitamin B2: 0.15mg (8.7%), Manganese: 0.13mg (6.62%), Vitamin B3: 1.26mg (6.3%), Vitamin K: 6.11µg (5.82%), Iron: 0.95mg (5.27%), Phosphorus: 46.68mg (4.67%), Fiber: 1.06g (4.24%), Vitamin B6: 0.08mg (3.9%), Zinc: 0.51mg (3.42%), Calcium: 30.64mg (3.06%), Magnesium: 11.66mg (2.91%), Vitamin E: 0.42mg (2.77%), Potassium: 95.19mg (2.72%), Copper: 0.05mg (2.72%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.2mg (2.01%)