



Carrie's Bruschetta Appetizer

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 4 ounce herb and garlic feta crumbled
- 3 tablespoons basil leaves fresh chopped
- 2 cloves garlic peeled chopped
- 2 tablespoons olive oil
- 8 ounce mozzarella cheese shredded
- 1 pound sourdough bread sliced
- 4 tomatoes seeded chopped

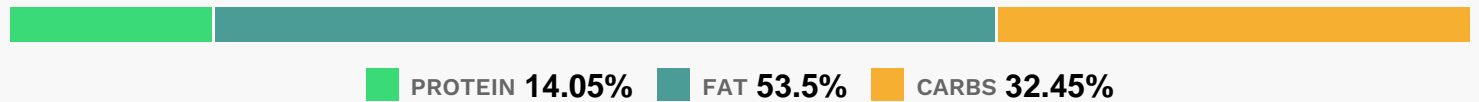
Equipment

- bowl
- sauce pan
- oven
- toaster

Directions

- Heat the olive oil in a medium saucepan over medium heat.
- Mix in tomatoes, fresh basil leaves and garlic. Cook and stir until heated and slightly tender, about 5 minutes.
- In a small bowl, blend cream cheese with herb and garlic feta.
- In a toaster or an oven heated to 350 degrees F (175 degrees C), lightly toast the sourdough bread slices.
- Spread toasted bread slices with the cream cheese blend. Top with tomato mixture.
- Sprinkle with desired amount of mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:19.18, Inflammation Score:-7, Nutrition Score:11.096956455189%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 344.88kcal (17.24%), Fat: 20.82g (32.03%), Saturated Fat: 10.42g (65.15%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 26.79g (9.74%), Sugar: 4.48g (4.98%), Cholesterol: 53.15mg (17.72%), Sodium: 550.75mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Selenium: 18.87µg (26.95%), Vitamin B1: 0.35mg (23.58%), Vitamin B2: 0.32mg (18.85%), Vitamin A: 899.44IU (17.99%), Folate: 67.23µg (16.81%), Calcium:

167.21mg (16.72%), Phosphorus: 165.24mg (16.52%), Manganese: 0.32mg (16%), Vitamin B3: 2.53mg (12.66%), Iron: 2.08mg (11.53%), Vitamin B12: 0.57µg (9.45%), Zinc: 1.34mg (8.95%), Vitamin K: 9.39µg (8.94%), Vitamin C: 7.04mg (8.53%), Magnesium: 27.04mg (6.76%), Vitamin E: 1.01mg (6.72%), Fiber: 1.61g (6.44%), Potassium: 221.05mg (6.32%), Vitamin B6: 0.12mg (5.87%), Copper: 0.11mg (5.43%), Vitamin B5: 0.36mg (3.61%)