



Challah Bruschetta with Lemon Ricotta and Honey

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

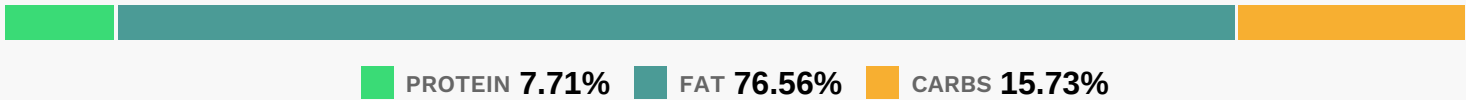
- ☐ 0.5 medium egg bread loaf – crusts
- ☐ 12 servings olive oil extra virgin organic (I prefer)
- ☐ 1 large garlic clove peeled
- ☐ 12 servings honey light
- ☐ 12 servings kosher salt
- ☐ 2 optional: lemon fresh
- ☐ 15 oz ricotta cheese whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Challah Bruschetta with Lemon Ricotta and Honey
- ☐ Ingredients2 fresh lemons2 cups high quality whole milk ricotta cheese (about 15 oz.)1/2 medium challah loaf
- ☐ Quality extra virgin olive oil (I prefer organic)1 large garlic clove, peeled
- ☐ Sea salt or kosher salt
- ☐ Light colored honey
- ☐ Servings: 10-12 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:3.6260869451191%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 212.41kcal (10.62%), Fat: 18.66g (28.7%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.1g (2.95%), Sugar: 6.3g (7%), Cholesterol: 18.09mg (6.03%), Sodium: 224.68mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin E: 2.08mg (13.88%), Vitamin C: 9.65mg (11.7%), Vitamin K: 8.82µg (8.4%), Calcium: 79.21mg (7.92%), Selenium: 5.31µg (7.59%), Phosphorus: 59.58mg (5.96%),

Vitamin B2: 0.08mg (4.46%), Vitamin A: 161.76IU (3.24%), Zinc: 0.44mg (2.94%), Fiber: 0.52g (2.1%), Vitamin B12: 0.12µg (2.01%), Iron: 0.36mg (1.99%), Potassium: 66.92mg (1.91%), Vitamin B6: 0.03mg (1.72%), Folate: 6.42µg (1.61%), Magnesium: 5.55mg (1.39%), Vitamin B5: 0.12mg (1.16%)