



Cheese and Sun-Dried Tomato Canapés

READY IN



20 min.

SERVINGS



16

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 slices cocktail rye bread
- 0.3 cup sun-dried olives
- 4 ounces cheddar cheese shredded
- 4 slices bacon crumbled cooked
- 1 tablespoon parsley fresh chopped

Equipment

- frying pan
- oven

cookie cutter

Directions

Heat oven to 375°.

Place bread slices (cut bread into shapes using holiday cookie cutters if desired) in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.

Bake about 5 minutes or until toasted.

Spread each slice with tomato spread.

Sprinkle with cheese, bacon and parsley. (If making ahead, cover and refrigerate up to 24 hours.)

Bake about 5 minutes or until cheese is melted.

Serve warm.

Nutrition Facts



PROTEIN 16.88% **FAT 29.92%** **CARBS 53.2%**

Properties

Glycemic Index:8.83, Glycemic Load:7.47, Inflammation Score:-3, Nutrition Score:6.0691304712192%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 127.16kcal (6.36%), Fat: 4.24g (6.52%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 14.81g (5.39%), Sugar: 2.12g (2.35%), Cholesterol: 9.07mg (3.02%), Sodium: 275.5mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Selenium: 13.03µg (18.62%), Manganese: 0.31mg (15.38%), Vitamin B1: 0.16mg (10.96%), Folate: 38.63µg (9.66%), Vitamin B2: 0.15mg (9.09%), Phosphorus: 88.52mg (8.85%), Fiber: 2.15g (8.58%), Vitamin B3: 1.64mg (8.2%), Calcium: 76.55mg (7.66%), Iron: 1.16mg (6.44%), Vitamin K: 5.64µg (5.37%), Magnesium: 19.9mg (4.98%), Zinc: 0.73mg (4.9%), Copper: 0.1mg (4.84%), Potassium: 148.55mg (4.24%), Vitamin B5: 0.24mg (2.41%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 115.08IU (2.3%), Vitamin C: 1.36mg (1.65%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.17mg (1.13%)