



Cheesy Bacon Bruschetta

READY IN



20 min.

SERVINGS



20

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer butcher applewood bacon smoked thick cut cut into 1/2-inch pieces
- 4 slices bread french
- 1 clove garlic halved
- 1 tsp mayo with olive oil reduced fat mayonnaise kraft
- 1 plum tomatoes seeded chopped
- 4 extra swiss cheese halved kraft thin

Equipment

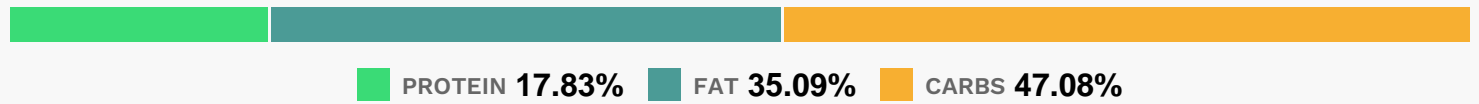
- frying pan

- paper towels
- broiler
- slotted spoon

Directions

- Heat broiler.
- Cook and stir bacon in skillet on medium heat 12 min. or until browned.
- Remove from skillet with slotted spoon; drain on paper towels.
- Spread bread with mayo. Broil, 4 inches from heat, 1 to 2 min. or until toasted; rub with garlic.
- Cover toast slices with 4 cheese pieces, bacon and tomatoes. Top with remaining cheese pieces; broil 1 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:2.3182608963031%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 58.61kcal (2.93%), Fat: 2.29g (3.52%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.59g (2.4%), Sugar: 0.68g (0.76%), Cholesterol: 4.65mg (1.55%), Sodium: 99.74mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Selenium: 5.15µg (7.36%), Vitamin B1: 0.1mg (6.59%), Folate: 16.53µg (4.13%), Vitamin B2: 0.07mg (3.97%), Calcium: 37.62mg (3.76%), Phosphorus: 37.13mg (3.71%), Manganese: 0.07mg (3.68%), Vitamin B3: 0.73mg (3.63%), Iron: 0.53mg (2.92%), Zinc: 0.31mg (2.1%), Vitamin B12: 0.11µg (1.89%), Magnesium: 5.86mg (1.47%), Vitamin B6: 0.03mg (1.31%), Fiber: 0.32g (1.29%), Copper: 0.02mg (1.21%), Vitamin A: 55.01IU (1.1%)