



Chicken Gorgonzola Bruschetta Garlic Toast

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large chicken breast shredded
- ☐ 1 pound ciabatta bread split french
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 10 large basil leaves fresh thinly sliced (chiffonade)
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon lawry's garlic salt

- ☐ 1.5 cups gorgonzola crumbled (depending on how much you like)
- ☐ 0.5 teaspoon kosher salt
- ☐ 5 roma tomatoes diced firm
- ☐ 6 tablespoons butter unsalted softened

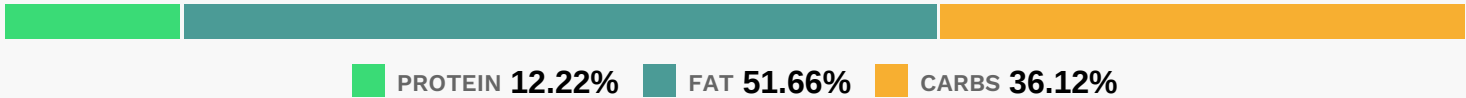
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ broiler

Directions

- ☐ Preheat oven’s broiler with rack 5–6 inches from top.To prepare bruschetta topping, place diced tomatoes, garlic, sliced basil leaves, olive oil, vinegar, salt and pepper to a large mixing bowl, stirring to combine. Taste and season with additional salt and pepper if needed.
- ☐ Place split bread cut side up onto a large baking sheet.
- ☐ Spread with butter and season with garlic salt. Top evenly with gorgonzola cheese and shredded chicken. Top with bruschetta topping and place under broiler for about 5 minutes or until bread is toasted and golden brown.
- ☐ Remove, cut into 2 inch slices and serve.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:6.6152173799017%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 428.25kcal (21.41%), Fat: 24.79g (38.13%), Saturated Fat: 13.44g (84%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 37.49g (13.63%), Sugar: 1.92g (2.13%), Cholesterol: 51.41mg (17.14%), Sodium: 1088.06mg (47.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.39%), Vitamin A: 1031.57IU (20.63%), Calcium: 162.07mg (16.21%), Phosphorus: 127.95mg (12.79%), Vitamin K: 11.47µg (10.92%), Vitamin C: 7.51mg (9.1%), Vitamin E: 1.35mg (9.02%), Vitamin B2: 0.12mg (7.32%), Selenium: 4.43µg (6.32%), Vitamin B12: 0.37µg (6.15%), Fiber: 1.5g (6.02%), Potassium: 208.71mg (5.96%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.56mg (5.6%), Vitamin B6: 0.1mg (5.15%), Manganese: 0.1mg (5.08%), Folate: 18.85µg (4.71%), Magnesium: 13.65mg (3.41%), Vitamin B3: 0.63mg (3.14%), Copper: 0.05mg (2.59%), Vitamin D: 0.35µg (2.34%), Vitamin B1: 0.03mg (2.03%), Iron: 0.33mg (1.82%)