



Chickpeas and Balsamic Vinegar Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 baguette
- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 15 ounce chickpeas rinsed drained roughly chopped canned
- 0.5 cup flat-leaf parsley leaves fresh roughly chopped
- 1 clove garlic finely chopped
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil extra-virgin

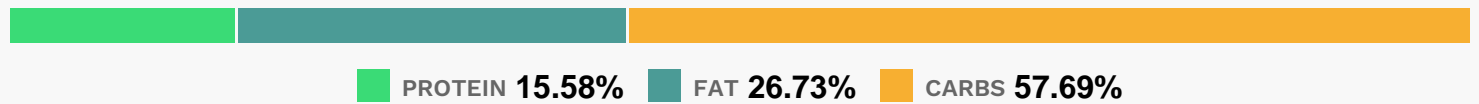
Equipment

- bowl
- baking sheet

Directions

- Thinly slice half a baguette.
- Place the rounds on a baking sheet and broil them until they're golden brown (about 1 1/2 minutes per side). In a medium bowl, combine the chickpeas, parsley leaves, garlic, oil, balsamic vinegar, salt, and pepper.
- Spread the mixture on the rounds.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:10.03, Inflammation Score:-5, Nutrition Score:11.313478200332%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 144.4kcal (7.22%), Fat: 4.33g (6.66%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 17.27g (6.28%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 620.64mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin K: 84.17µg (80.17%), Manganese: 0.71mg (35.56%), Vitamin B6: 0.37mg (18.39%), Fiber: 3.75g (15.01%), Folate: 47.64µg (11.91%), Iron: 1.97mg (10.95%), Vitamin B1: 0.15mg (9.95%), Vitamin A: 432.33IU (8.65%), Vitamin C: 6.88mg (8.34%), Phosphorus: 81.3mg (8.13%), Copper: 0.15mg (7.27%), Selenium: 5.08µg (7.26%), Magnesium: 27.97mg (6.99%), Calcium: 56.5mg (5.65%), Vitamin B3: 1.11mg (5.54%), Vitamin B2: 0.08mg (4.89%), Zinc: 0.72mg (4.79%), Potassium: 164.76mg (4.71%), Vitamin B5: 0.31mg (3.15%), Vitamin E: 0.44mg (2.9%)