



## Crostini

READY IN



15 min.

SERVINGS



15

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 green onion chopped
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 24 woven wheat crackers

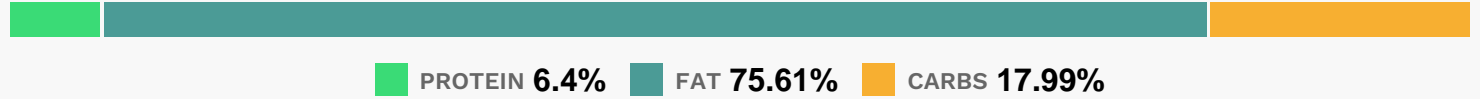
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Mix mayo, cheese and onions until blended.
- Spread onto crackers; place in single layer on baking sheet.
- Bake 4 to 5 min. or until mayo mixture is bubbly and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:5.47, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.92521739904971%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 57.73kcal (2.89%), Fat: 4.86g (7.48%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.38g (0.86%), Sugar: 0.46g (0.51%), Cholesterol: 4.02mg (1.34%), Sodium: 94.05mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin K: 9.81µg (9.34%), Calcium: 22.54mg (2.25%), Phosphorus: 15.43mg (1.54%), Selenium: 0.9µg (1.28%), Vitamin E: 0.18mg (1.19%)