



## Crostini Spread

 Vegetarian

READY IN



130 min.

SERVINGS



10

CALORIES



270 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 lb bread baguette french toasted cut into 36 slices,
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 1 green onion thinly sliced
- 6 oz marinated artichoke hearts drained chopped
- 2 plum tomatoes chopped

### Equipment

- bowl

whisk

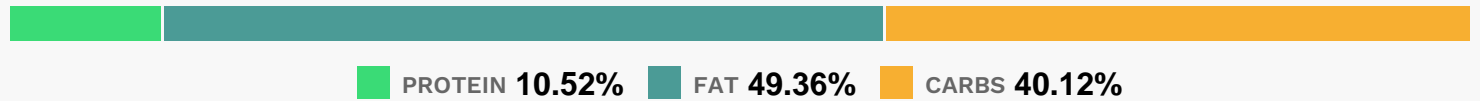
## Directions

Beat cream cheese and sour cream in medium bowl with whisk until blended. Stir in artichokes and onions.

Refrigerate 2 hours or until chilled.

Spread toast slices with cream cheese mixture; top with tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:18.63, Inflammation Score:-6, Nutrition Score:8.3556521716325%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 269.62kcal (13.48%), Fat: 14.92g (22.95%), Saturated Fat: 7.32g (45.74%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 25.76g (9.37%), Sugar: 4.26g (4.73%), Cholesterol: 36.48mg (12.16%), Sodium: 416.86mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Selenium: 15.78µg (22.54%), Vitamin B1: 0.34mg (22.47%), Vitamin B2: 0.29mg (16.93%), Folate: 61.84µg (15.46%), Vitamin A: 733.23IU (14.66%), Manganese: 0.26mg (12.94%), Vitamin B3: 2.31mg (11.54%), Iron: 1.99mg (11.05%), Phosphorus: 92.79mg (9.28%), Calcium: 74.32mg (7.43%), Vitamin C: 5.7mg (6.91%), Fiber: 1.52g (6.07%), Magnesium: 20.46mg (5.12%), Zinc: 0.69mg (4.58%), Vitamin K: 4.6µg (4.38%), Copper: 0.09mg (4.27%), Potassium: 144.46mg (4.13%), Vitamin B6: 0.08mg (4.07%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.45mg (3.01%), Vitamin B12: 0.1µg (1.64%)