



Crostini with Blue Cheese and Tomato

 Vegetarian

READY IN



17 min.

SERVINGS



24

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 inch diagonally baguette french cut
- ☐ 1 ounce cheese blue crumbled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 0.3 cup cream cheese light tub-style
- ☐ 0.1 teaspoon salt
- ☐ 1 cup tomatoes finely chopped

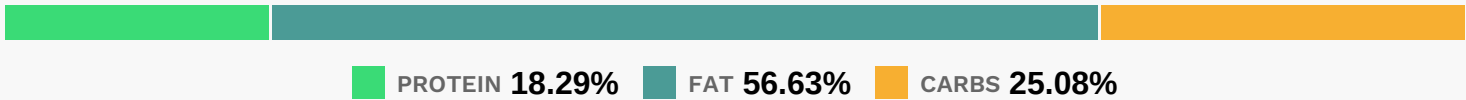
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Place baguette slices on a baking sheet; coat slices with cooking spray.
- ☐ Bake at 400 for 5 minutes or until bread is toasted; set aside.
- ☐ While bread bakes, combine cream cheese and blue cheese in a small microwave-safe bowl. Microwave at HIGH 15 seconds or until softened.
- ☐ Add garlic and pepper; stir until combined.
- ☐ Combine tomato, basil, and salt in a small bowl.
- ☐ Spread about 1 teaspoon cheese mixture on each bread slice; top with 2 teaspoons tomato mixture.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.66521739247053%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 13.79kcal (0.69%), Fat: 0.88g (1.35%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.39g (0.44%), Cholesterol: 2.69mg (0.9%), Sodium: 41.92mg (1.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin A: 87.98IU (1.76%), Calcium: 12.92mg

(1.29%), Vitamin K: 1.28µg (1.22%), Phosphorus: 11.94mg (1.19%), Vitamin C: 0.9mg (1.09%)