



## Deli-Style Bruschetta

READY IN



10 min.

SERVINGS



10

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bread baguette french cut into 20 slices
- 5 cherry tomatoes cut into 4 thin slices
- 5 slices oscar mayer deli ham smoked fresh quartered
- 5 slices oscar mayer deli turkey breast smoked fresh quartered
- 20 small lettuce leaves
- 2 tsp lite house dressing italian kraft
- 1 Tbsp miracle whip dressing light
- 0.3 cup slivered onions red
- 5 slim cut swiss cheese quartered kraft

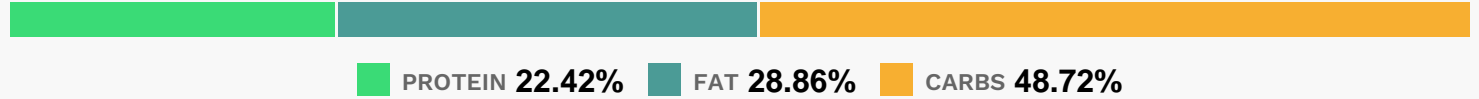
# Equipment

## Directions

Mix dressings; spread onto bread slices.

Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:16.12, Inflammation Score:-10, Nutrition Score:12.961304306984%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 6.2g (9.54%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.04g (8.02%), Sugar: 3.03g (3.36%), Cholesterol: 18.01mg (6%), Sodium: 505.47mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.69%), Vitamin A: 3667.51IU (73.35%), Vitamin B1: 0.42mg (28.14%), Selenium: 17.54µg (25.06%), Manganese: 0.37mg (18.52%), Folate: 70.49µg (17.62%), Vitamin B2: 0.28mg (16.38%), Phosphorus: 147.69mg (14.77%), Vitamin B3: 2.8mg (14%), Vitamin C: 10.88mg (13.18%), Iron: 2.24mg (12.46%), Calcium: 117.21mg (11.72%), Zinc: 1.26mg (8.41%), Vitamin B6: 0.16mg (8.1%), Magnesium: 26.79mg (6.7%), Potassium: 220.02mg (6.29%), Fiber: 1.52g (6.07%), Vitamin B12: 0.35µg (5.77%), Copper: 0.09mg (4.73%), Vitamin E: 0.4mg (2.64%), Vitamin B5: 0.25mg (2.5%), Vitamin K: 1.1µg (1.05%)