



## Double Cheese Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



18

CALORIES



682 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

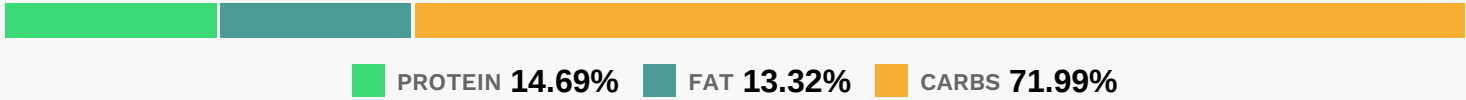
- ☐ 18 crusty baguette toasted
- ☐ 9 cherry tomatoes sliced
- ☐ 3 ounces cream cheese softened
- ☐ 0.5 cup feta cheese crumbled
- ☐ 18 greek olives pitted sliced

### Equipment

# Directions

- ☐ Mix feta cheese and cream cheese; spread on baguette slices.
- ☐ Top with olives and tomatoes.

# Nutrition Facts



# Properties

Glycemic Index:6.99, Glycemic Load:82.63, Inflammation Score:-7, Nutrition Score:27.014782656146%

# Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 682.41kcal (34.12%), Fat: 9.97g (15.33%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 121.17g (40.39%), Net Carbohydrates: 115.73g (42.08%), Sugar: 12.14g (13.48%), Cholesterol: 8.48mg (2.83%), Sodium: 1670.67mg (72.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Vitamin B1: 1.47mg (97.76%), Folate: 270.48µg (67.62%), Selenium: 44.11µg (63.01%), Manganese: 1.17mg (58.53%), Vitamin B3: 11.45mg (57.25%), Vitamin B2: 0.85mg (50.04%), Iron: 8.73mg (48.53%), Calcium: 290.64mg (29.06%), Phosphorus: 259.14mg (25.91%), Fiber: 5.44g (21.77%), Magnesium: 67.42mg (16.86%), Copper: 0.32mg (15.79%), Vitamin B6: 0.29mg (14.41%), Zinc: 2.13mg (14.21%), Vitamin B5: 1.02mg (10.24%), Potassium: 339.03mg (9.69%), Vitamin K: 7.97µg (7.59%), Vitamin E: 0.97mg (6.49%), Vitamin A: 138.32IU (2.77%), Vitamin C: 1.94mg (2.35%), Vitamin B12: 0.08µg (1.35%)