

## Easy Bruschetta

READY IN



15 min.

SERVINGS



15

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb bread baguette french cut into 24 slices
- 2 green onions sliced
- 0.5 cup parmesan cheese grated kraft
- 0.5 cup seasons dressing mix italian good prepared
- 2 large tomatoes chopped

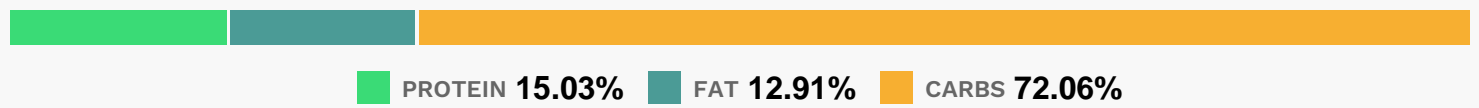
### Equipment

- baking sheet
- broiler

## Directions

- Heat broiler.
- Place bread slices in single layer on baking sheet. Broil 2 min. on each side or until golden brown on both sides.
- Mix dressing and cheese until blended. Reserve 1/4 cup dressing mixture; brush remaining dressing mixture onto toast slices.
- Combine tomatoes, onions and reserved dressing mixture; spoon onto toast slices just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.03, Glycemic Load:12.37, Inflammation Score:-4, Nutrition Score:5.2939130527818%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 123.09kcal (6.15%), Fat: 1.72g (2.64%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 20.55g (7.47%), Sugar: 2.07g (2.31%), Cholesterol: 2.9mg (0.97%), Sodium: 833.31mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin B1: 0.23mg (15.03%), Selenium: 9.82µg (14.04%), Folate: 42.06µg (10.51%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.15mg (8.62%), Vitamin B3: 1.61mg (8.06%), Iron: 1.29mg (7.15%), Phosphorus: 59.3mg (5.93%), Vitamin K: 5.5µg (5.24%), Vitamin A: 246.93IU (4.94%), Calcium: 48.77mg (4.88%), Vitamin C: 3.63mg (4.39%), Fiber: 1g (3.99%), Magnesium: 13.83mg (3.46%), Zinc: 0.51mg (3.38%), Copper: 0.06mg (3.15%), Potassium: 103.44mg (2.96%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.13mg (1.35%)