



Easy Chicken Bruschetta

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

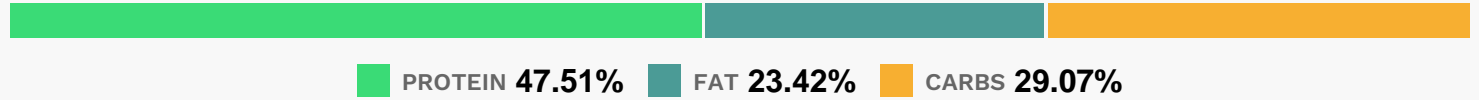
- 1 cup baby spinach leaves fresh packed (24 leaves)
- 1 tsp classico basil pesto sauce and spread traditional
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1 tsp real mayo mayonnaise kraft
- 0.3 cup roasted peppers red drained chopped
- 3 slices bread whole wheat toasted

Equipment

Directions

- Mix mayo and pesto; spread onto toast slices.
- Top evenly with the spinach, chicken and peppers.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:4.4708695667593%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 55.59kcal (2.78%), Fat: 1.42g (2.18%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.4g (0.45%), Cholesterol: 14.67mg (4.89%), Sodium: 123.86mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin K: 15.85µg (15.09%), Vitamin B3: 2.75mg (13.76%), Manganese: 0.22mg (10.83%), Selenium: 6.92µg (9.88%), Vitamin B6: 0.13mg (6.72%), Vitamin A: 319.74IU (6.39%), Phosphorus: 59.08mg (5.91%), Vitamin C: 3.01mg (3.65%), Magnesium: 14.29mg (3.57%), Vitamin B1: 0.05mg (3.22%), Iron: 0.51mg (2.86%), Folate: 10.8µg (2.7%), Fiber: 0.63g (2.54%), Potassium: 88.18mg (2.52%), Vitamin B2: 0.04mg (2.38%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.23mg (2.26%), Calcium: 21.96mg (2.2%), Copper: 0.04mg (1.87%), Vitamin E: 0.17mg (1.1%)