



Farmer's Crostini

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz crusty baguette cut into 40 (1/4-inch) slices
- 1 stick pam original flavor shopping list
- 6 oz cream cheese softened
- 0.3 cup cheese blue crumbled (from a 5-oz container)
- 0.3 cup salad dressing
- 0.3 teaspoon garlic powder
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

- 0.5 medium cucumber finely chopped
- 1 small tomatoes ripe finely chopped
- 0.5 medium bell pepper red yellow cut into matchsticks
- 1 leaf flat parsley fresh italian

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 325°F.
- Place bread slices on ungreased cookie sheet; spray lightly with non-stick cooking spray.
- Bake 6 to 9 minutes or until crispy.
- Remove to wire rack; cool completely.
- In medium bowl, beat cream cheese, blue cheese, mayonnaise, garlic powder, salt and pepper with electric mixer on medium speed until well blended.
- In small bowl, stir together cucumber, tomato and bell pepper.
- Spread about 1 teaspoon cheese mixture on top of each slice of baguette. Top with cucumber and tomato mixture.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:3.4547825350386%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 96.97kcal (4.85%), Fat: 4.64g (7.13%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.39g (3.78%), Sugar: 1.77g (1.96%), Cholesterol: 9.86mg (3.29%), Sodium: 227.46mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin B1: 0.12mg (8.19%), Vitamin C: 6.32mg (7.66%), Selenium: 4.47µg (6.39%), Folate: 24.86µg (6.22%), Vitamin B2: 0.09mg (5.45%), Manganese: 0.11mg (5.43%), Vitamin B3: 0.99mg (4.93%), Iron: 0.75mg (4.17%), Calcium: 40.04mg (4%), Vitamin K: 4.02µg (3.83%), Phosphorus: 37.99mg (3.8%), Vitamin A: 179.9IU (3.6%), Fiber: 0.54g (2.17%), Vitamin B6: 0.04mg (2.1%), Magnesium: 8mg (2%), Potassium: 67.44mg (1.93%), Copper: 0.04mg (1.83%), Zinc: 0.27mg (1.8%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.23mg (1.51%)