



Fruit Bruschetta



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



28

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.8 oz round cake frozen cut into fourteen 1/2-inch slices
- ☐ 0.7 cup strawberries with strawberries, raspberries or pineapple soft
- ☐ 11 oz mandarin orange segents drained well canned
- ☐ 1 pieces fruit fresh assorted (kiwifruit, strawberry, raspberry, pear, apple)
- ☐ 1 serving chocolate syrup
- ☐ 1 serving almonds toasted sliced

Equipment

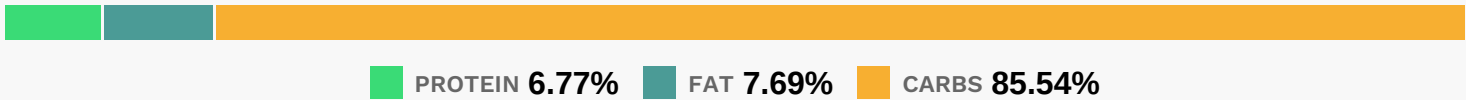
- ☐ oven

☐ broiler pan

Directions

- ☐ Set oven control to broil.
- ☐ Place pound cake slices on rack in broiler pan. Broil with tops 4 to 5 inches from heat 3 to 5 minutes, turning once, until light golden brown.
- ☐ Spread each slice with about 2 teaspoons cream cheese.
- ☐ Cut slices diagonally in half to make 28 pieces. Top with orange segments and desired fruit.
- ☐ Drizzle with syrup; sprinkle with coconut. Arrange on serving platter.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.4121739193797%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 42.78kcal (2.14%), Fat: 0.37g (0.57%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.06g (6.73%), Cholesterol: 11.1mg (3.7%), Sodium: 69.1mg (3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin C: 4.99mg (6.05%), Manganese: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.26%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 19.98mg (2%), Iron: 0.36mg (1.99%), Folate: 7.77µg (1.94%), Vitamin A: 93.13IU (1.86%), Selenium: 1.04µg (1.48%), Fiber: 0.37g (1.46%), Vitamin B3: 0.27mg (1.36%), Calcium: 12.59mg (1.26%), Potassium: 38mg (1.09%), Copper: 0.02mg (1.04%)