



## Garlic and Cheese Bruschetta

READY IN



25 min.

SERVINGS



16

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 pound bread french
- 1 cup weight cream cheese fat free
- 2 tablespoons mayonnaise fat-free
- 2 cloves garlic minced peeled
- 1 tablespoon spring onion minced
- 0.3 teaspoon pepper black
- 6 tablespoons cream sour
- 0.3 cup parmesan cheese freshly grated
- 2 tablespoons parsley minced

1 cup swiss cheese shredded

## Equipment

bowl

baking sheet

hand mixer

broiler

## Directions

Preheat the broiler.

In a medium bowl, blend fat free cream cheese, nonfat sour cream and fat-free mayonnaise with an electric mixer until smooth. Stir in 1/2 the reduced fat Swiss cheese, Parmesan cheese, parsley, green onions and garlic.

Arrange bread slices in a single layer on a medium baking sheet. Lightly toast under the broiler.

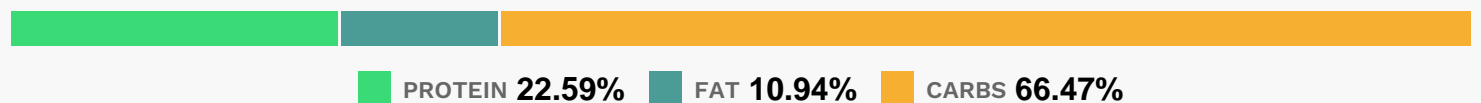
Remove from heat.

Spread French bread slices with the cream cheese mixture.

Sprinkle with remaining Swiss cheese. Broil under the preheated broiler approximately 1 1/2 minutes, until cheese is melted.

Remove from heat and sprinkle with ground black pepper.

## Nutrition Facts



## Properties

Glycemic Index:12.91, Glycemic Load:22.73, Inflammation Score:-4, Nutrition Score:9.6978260450389%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 193.45kcal (9.67%), Fat: 2.35g (3.62%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 30.79g (11.19%), Sugar: 3.7g (4.11%), Cholesterol: 5.98mg (1.99%), Sodium: 501.81mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B1: 0.41mg (27.55%), Selenium: 18.61µg (26.59%), Folate: 76.69µg (19.17%), Phosphorus: 189.57mg (18.96%), Vitamin B2: 0.32mg (18.68%), Calcium: 165.25mg (16.52%), Manganese: 0.31mg (15.64%), Vitamin B3: 2.79mg (13.94%), Iron: 2.31mg (12.84%), Vitamin K: 9.95µg (9.48%), Zinc: 1.17mg (7.78%), Magnesium: 25.19mg (6.3%), Fiber: 1.32g (5.29%), Copper: 0.1mg (4.87%), Vitamin B12: 0.28µg (4.7%), Vitamin B6: 0.08mg (4.04%), Potassium: 128.36mg (3.67%), Vitamin B5: 0.32mg (3.18%), Vitamin A: 88.8IU (1.78%), Vitamin C: 0.85mg (1.03%)