



Garlic Beef Bruschetta

 Dairy Free

READY IN



25 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup roasted garlic with roasted garlic soft
- ☐ 1 loaf bread french cut into thirty 1/4- to 1/2-inch slices
- ☐ 0.5 cup spring onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces roast beef cooked thinly sliced
- ☐ 4 roma tomatoes thinly sliced (plum)
- ☐ 2 tablespoons vegetable oil

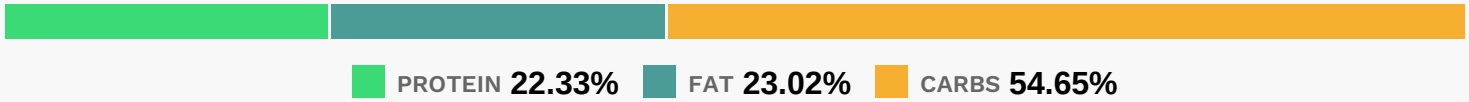
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Brush both sides of bread slices with oil.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake about 5 minutes or until crisp. Cool 5 minutes.
- ☐ Spread cream cheese over each slice. Top with beef; sprinkle with pepper. Top each with tomato slice and onions.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:3.4630435031393%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 58.79kcal (2.94%), Fat: 1.53g (2.35%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 7.66g (2.79%), Sugar: 0.89g (0.99%), Cholesterol: 4.31mg (1.44%), Sodium: 195.11mg (8.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin B1: 0.11mg (7.11%), Vitamin C: 5.55mg (6.73%), Selenium: 4.65µg (6.65%), Vitamin B3: 1.28mg (6.39%), Manganese: 0.12mg (6.17%), Vitamin K: 5.93µg (5.65%), Folate: 19.47µg (4.87%), Iron: 0.77mg (4.26%), Vitamin B2: 0.07mg (4.22%), Vitamin B6: 0.08mg (4.01%), Phosphorus: 34.69mg (3.47%), Calcium: 34.3mg (3.43%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.13µg (2.14%), Potassium: 70.27mg (2.01%), Fiber: 0.49g (1.95%), Copper: 0.04mg (1.94%), Magnesium: 7.69mg (1.92%), Vitamin A: 85.77IU (1.72%), Vitamin E: 0.16mg (1.05%)