



WHATSheATE



Goat Cheese Bruschetta



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

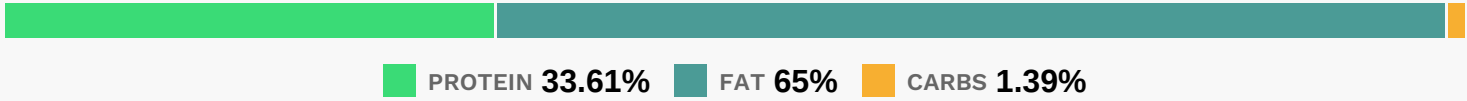
- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 servings country toasted
- ☐ 2 tablespoons herbs fresh such as dill, parsley, or basil chopped
- ☐ 6 servings goat cheese

Equipment

Directions

- ☐
- Add the balsamic vinegar and herbs to the Basic Vinaigrette.
- ☐
- Drizzle over slices of toasted country or other bread and spread with goat cheese. Finish with another drizzle of vinaigrette.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:11.466956436634%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 20.59g (31.68%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.95g (0.34%), Sugar: 1.08g (1.2%), Cholesterol: 66.5mg (22.17%), Sodium: 1121.32mg (48.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.91%), Vitamin B1: 0.53mg (35.53%), Selenium: 20.14µg (28.77%), Phosphorus: 260.49mg (26.05%), Vitamin K: 22.41µg (21.34%), Vitamin B6: 0.4mg (19.96%), Vitamin B3: 3.94mg (19.69%), Vitamin B2: 0.3mg (17.83%), Zinc: 2.27mg (15.11%), Copper: 0.29mg (14.68%), Vitamin B12: 0.6µg (10.02%), Vitamin A: 422.22IU (8.44%), Iron: 1.43mg (7.95%), Potassium: 264.26mg (7.55%), Vitamin B5: 0.6mg (5.98%), Magnesium: 22.26mg (5.56%), Calcium: 51.23mg (5.12%), Vitamin D: 0.71µg (4.77%), Manganese: 0.05mg (2.55%), Vitamin E: 0.37mg (2.47%), Vitamin C: 1.77mg (2.15%), Folate: 8.18µg (2.04%)