



Greek Bruschetta

 Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp basil fresh shredded
- 0.8 cup athenos roasted pepper hummus red
- 12 crostini toast italian-style
- 0.3 cup tomatoes finely chopped

Equipment

Directions

Spread toast with hummus.

Top with tomatoes and basil.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.0091304380609%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.38kcal (1.62%), Fat: 0.54g (0.83%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.33g (1.94%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 157.48mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 4.68mg (5.68%), Vitamin K: 4.6µg (4.38%), Fiber: 0.66g (2.64%), Vitamin A: 126.75IU (2.53%), Manganese: 0.03mg (1.48%)