



Grilled Bruschetta with Ricotta and Edamame

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bread country-style
- ☐ 1.5 cups edamame frozen shelled
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 clove garlic peeled
- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups part-skim ricotta
- ☐ 4 servings salt

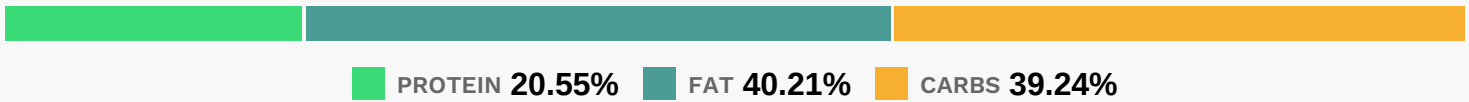
Equipment

- ☐ paper towels
- ☐ grill
- ☐ colander

Directions

- ☐ Preheat grill to medium.
- ☐ Place edamame in a colander and rinse under hot tap water to defrost.
- ☐ Drain well on paper towels.
- ☐ Oil grill, place bread on grates and cook until lightly toasted on both sides, turning once, about 1 minute total.
- ☐ Brush one side of each bread slice with olive oil and rub with garlic.
- ☐ Spread ricotta over garlic-rubbed sides; top with edamame.
- ☐ Sprinkle mint over bruschetta, season lightly with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:14.36, Inflammation Score:-5, Nutrition Score:13.59956531421%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 391.76kcal (19.59%), Fat: 17.54g (26.98%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 33.91g (12.33%), Sugar: 4.96g (5.51%), Cholesterol: 24.02mg (8.01%), Sodium: 556.2mg (24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.33%), Selenium: 29.18µg (41.68%), Manganese: 0.7mg (35.15%), Calcium: 331.13mg (33.11%), Iron: 3.97mg (22.07%), Phosphorus: 216.13mg (21.61%), Fiber: 4.6g (18.41%), Vitamin B2: 0.29mg (16.98%), Vitamin B1: 0.25mg (16.6%), Vitamin B3: 3.22mg (16.09%), Folate: 59.12µg (14.78%), Potassium: 436.56mg (12.47%), Zinc: 1.64mg (10.96%), Magnesium: 35.78mg (8.94%), Vitamin E: 1.17mg (7.8%), Vitamin K: 7.51µg (7.16%), Vitamin A: 351.89IU (7.04%), Vitamin B5: 0.66mg (6.55%), Copper: 0.12mg

(5.79%), Vitamin B6: 0.09mg (4.43%), Vitamin B12: 0.22µg (3.75%)