



Grilled Tomato Salsa Appetizers

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread baguette french toasted cut into 24 slices,
- 2 cups cherry tomatoes (21)
- 4 oz philadelphia cream cheese softened ()
- 1 Tbsp basil fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 small onion quartered
- 2 Tbsp parmesan cheese grated kraft
- 1 jalapeño pepper

Equipment

- bowl
- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Toss tomatoes, onions, pepper and 2 Tbsp. dressing in medium bowl.
- Mix cream cheese and Parmesan cheese in separate bowl until well blended; set aside.
- Place tomatoes and onions on separate skewers.
- Place skewers and jalapeo pepper on grill grate. Grill 6 to 8 min. or until tender, turning every 2 min. and brushing with remaining 2 Tbsp. dressing.
- Remove tomatoes and onions from skewers; chop onion. Seed and chop pepper.
- Mix tomatoes, onions, pepper and basil with fork until tomatoes are chunky.
- Spread each baguette slice with cream cheese mixture. Top with tomato mixture.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:2.9178260724344%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 70.14kcal (3.51%), Fat: 2.57g (3.96%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.58g (1.76%), Cholesterol: 4.93mg (1.64%), Sodium: 142.34mg (6.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin B1: 0.12mg (8.06%), Selenium: 5.23µg (7.47%), Folate: 22.37µg (5.59%), Manganese: 0.11mg (5.48%), Vitamin B2: 0.08mg (4.93%), Vitamin B3: 0.85mg (4.24%), Iron: 0.74mg (4.1%), Vitamin C: 2.98mg (3.61%), Phosphorus: 28.9mg (2.89%), Vitamin K: 2.99µg (2.84%), Vitamin A: 137.08IU (2.74%), Fiber: 0.5g (1.99%), Calcium: 19.14mg (1.91%), Copper: 0.04mg (1.86%), Magnesium: 7.37mg (1.84%), Vitamin B6: 0.03mg (1.74%), Potassium: 58.77mg (1.68%), Zinc: 0.23mg (1.55%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.1mg (1.01%)