



Grilled Vegetable Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup lite balsamic vinaigrette dressing kraft
- 20 basil leaves fresh
- 2 lb plum tomatoes cut lengthwise into 3 slices
- 1.3 cups milk mozzarella cheese shredded 2% kraft
- 10 oz sourdough bread baguette
- 1 small baby squash yellow cut lengthwise into 10 slices

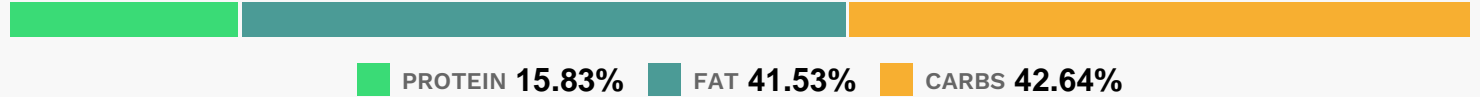
Equipment

- grill

Directions

- Heat grill to medium heat.
- Brush dressing onto both sides of bread slices.
- Cut squash slices crosswise in half; place on bread. Top with remaining ingredients.
- Grill 6 to 8 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:12.45, Inflammation Score:-7, Nutrition Score:9.1221740103286%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 183.58kcal (9.18%), Fat: 8.56g (13.17%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 17.92g (6.52%), Sugar: 4.5g (5%), Cholesterol: 11.8mg (3.93%), Sodium: 375.3mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin A: 922.43IU (18.45%), Vitamin C: 14.58mg (17.67%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.67µg (15.25%), Manganese: 0.29mg (14.31%), Folate: 53.49µg (13.37%), Vitamin B2: 0.2mg (11.64%), Phosphorus: 109.34mg (10.93%), Vitamin K: 11.38µg (10.84%), Calcium: 103.59mg (10.36%), Vitamin B3: 1.99mg (9.93%), Potassium: 292.8mg (8.37%), Iron: 1.49mg (8.25%), Fiber: 1.85g (7.42%), Vitamin B6: 0.14mg (6.77%), Zinc: 0.93mg (6.17%), Magnesium: 24.56mg (6.14%), Vitamin B12: 0.34µg (5.67%), Copper: 0.11mg (5.37%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.22mg (2.16%)