



 **33%**
HEALTH SCORE

Hot Bruschetta Dip

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



1

CALORIES



1290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce round of président brie
- 1 teaspoon basil fresh chopped
- 1 teaspoon basil fresh chopped
- 1 teaspoon parsley fresh chopped
- 1 clove garlic minced peeled
- 0.3 cup olive oil
- 1 small onion chopped
- 2 roma tomatoes chopped (plum)

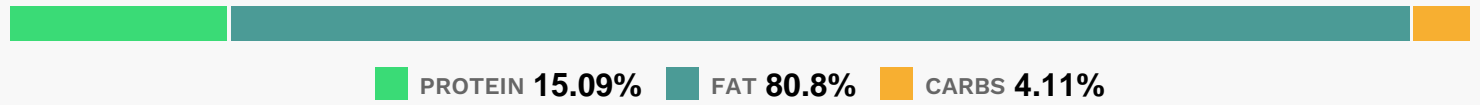
Equipment

- bowl
- microwave

Directions

- In a small bowl, mix roma (plum) tomatoes, onion, garlic, basil, parsley and olive oil. Cover and chill in the refrigerator at least 1 hour.
- Remove top layer of rind from brie.
- Place brie in a small microwave safe serving dish. Microwave on high 1 minute, or until the cheese begins to soften. Spoon roma tomato mixture over the cheese. Microwave on high 1 minute, or until slightly melted.
- Serve immediately with Paris toasts or other dried breads.

Nutrition Facts



Properties

Glycemic Index:294, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:31.180869330531%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg

Nutrients (% of daily need)

Calories: 1289.73kcal (64.49%), Fat: 117.16g (180.24%), Saturated Fat: 46.98g (293.63%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 10.64g (3.87%), Sugar: 7.28g (8.09%), Cholesterol: 226.8mg (75.6%), Sodium: 1437.2mg (62.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.23g (98.47%), Vitamin B2: 1.23mg (72.08%), Vitamin B12: 3.74µg (62.37%), Vitamin E: 9.01mg (60.06%), Phosphorus: 481.2mg (48.12%), Selenium: 33.66µg (48.09%), Vitamin K: 50.32µg (47.93%), Vitamin A: 2396.2IU (47.92%), Calcium: 452.27mg (45.23%), Folate: 179.7µg (44.92%), Zinc: 5.76mg (38.43%), Vitamin B6: 0.75mg (37.69%), Vitamin C: 23.27mg (28.21%),

Potassium: 754.52mg (21.56%), Manganese: 0.36mg (18.07%), Vitamin B5: 1.78mg (17.8%), Magnesium: 66.93mg (16.73%), Vitamin B1: 0.24mg (16.2%), Iron: 1.98mg (11.01%), Fiber: 2.75g (10.99%), Vitamin B3: 1.7mg (8.52%), Copper: 0.15mg (7.67%), Vitamin D: 1.13µg (7.56%)