



## Joanne's Creamy Bruschetta

 Popular

READY IN



25 min.

SERVINGS



12

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 baguette
- 0.3 teaspoon basil
- 1 garlic clove minced to taste
- 0.5 cup mayonnaise
- 1 cup mozzarella cheese grated
- 1 teaspoon oregano
- 2 tablespoons parmesan cheese
- 0.5 teaspoon pepper

2 tomatoes diced to taste

## Equipment

oven

baking pan

## Directions

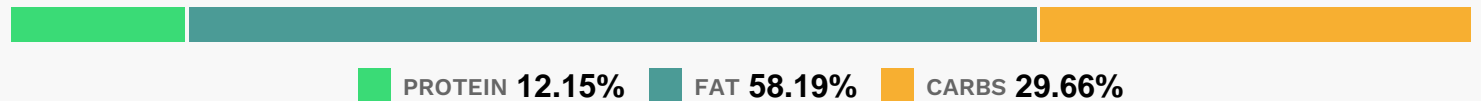
Cut bread in 1 inch slices and butter the bottom of each.<sup>2</sup>

Mix the rest of the ingredients together.<sup>3</sup> Put 1 tsp or so of mixture on each slice and place on baking pan.<sup>4</sup>

Bake at 350 for 10–15 minutes or until melted and the bread is crispy but not like hockey pucks.<sup>5</sup>

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:29.23, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:4.9882608613242%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 153.41kcal (7.67%), Fat: 9.9g (15.24%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 10.57g (3.84%), Sugar: 1.68g (1.87%), Cholesterol: 11.86mg (3.95%), Sodium: 261.01mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.31%), Vitamin K: 18.87µg (17.97%), Vitamin B1: 0.13mg (8.92%), Calcium: 85.16mg (8.52%), Selenium: 5.62µg (8.03%), Manganese: 0.15mg (7.34%), Folate: 26.96µg (6.74%), Phosphorus: 66.26mg (6.63%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.09mg (5.45%), Iron: 0.92mg (5.09%), Vitamin A: 249.86IU (5%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.53mg (3.52%), Vitamin C: 2.89mg (3.5%), Zinc: 0.52mg (3.45%), Fiber: 0.78g (3.12%), Magnesium: 10.65mg (2.66%), Potassium: 88.36mg (2.52%), Vitamin B6: 0.05mg (2.41%), Copper: 0.04mg (2.16%), Vitamin B5: 0.13mg (1.34%)