



Kale and Bean Bruschetta

READY IN



25 min.

SERVINGS



12

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

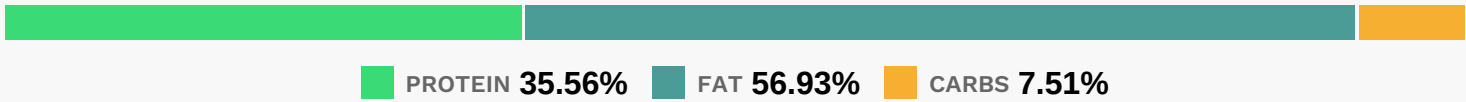
- ☐ 1 garlic clove cut in half
- ☐ 12 servings parmesan cheese shavings
- ☐ 12.5 inch thick toasted

Equipment

Directions

- ☐ Rub cut side of garlic on toasts. Top with bean mixture and cheese shavings.
- ☐ Per serving: 76 calories, 2 g fat, 1 g fiber

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:4.6834782938594%

Nutrients (% of daily need)

Calories: 124.83kcal (6.24%), Fat: 7.82g (12.03%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.37g (0.41%), Cholesterol: 20.4mg (6.8%), Sodium: 496.99mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Calcium: 358.43mg (35.84%), Phosphorus: 211.1mg (21.11%), Selenium: 7.24µg (10.34%), Vitamin B2: 0.11mg (6.37%), Vitamin B12: 0.36µg (6%), Zinc: 0.85mg (5.66%), Vitamin A: 234.32IU (4.69%), Magnesium: 13.95mg (3.49%), Iron: 0.34mg (1.9%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.47%), Folate: 4.94µg (1.23%), Manganese: 0.02mg (1.12%), Vitamin B3: 0.2mg (1.02%)