



KRAFT Parmesan Bruschetta

READY IN



20 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bread baguette french cut into 18 slices
- 0.3 cup basil leaves fresh sliced
- 2 cloves garlic minced
- 0.3 cup olive oil divided
- 0.5 cup parmesan cheese grated kraft
- 1 large tomatoes chopped

Equipment

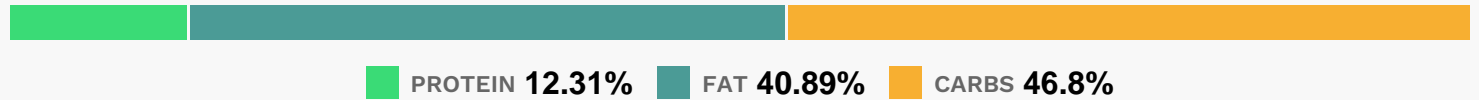
- baking sheet

broiler

Directions

- Heat broiler.
- Combine tomatoes, cheese, garlic, 2 Tbsp. oil and basil.
- Brush remaining oil evenly onto both sides of bread slices.
- Place in single layer on baking sheet.
- Broil, 6 inches from heat, 2 min. on each side or until edges are golden brown. Top each toast slice with about 1 Tbsp. tomato mixture.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:9.2, Inflammation Score:-2, Nutrition Score:3.8278260885373%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 106.19kcal (5.31%), Fat: 4.87g (7.49%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 11.92g (4.34%), Sugar: 1.29g (1.44%), Cholesterol: 2.17mg (0.73%), Sodium: 180.87mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin B1: 0.17mg (11.05%), Selenium: 7.4µg (10.58%), Folate: 29.62µg (7.41%), Manganese: 0.14mg (6.99%), Vitamin B2: 0.11mg (6.34%), Vitamin B3: 1.15mg (5.77%), Iron: 0.96mg (5.32%), Phosphorus: 42.47mg (4.25%), Vitamin E: 0.63mg (4.2%), Vitamin K: 4.34µg (4.13%), Calcium: 35.91mg (3.59%), Fiber: 0.62g (2.48%), Zinc: 0.37mg (2.44%), Magnesium: 9.4mg (2.35%), Vitamin A: 113.28IU (2.27%), Copper: 0.04mg (2.14%), Vitamin B6: 0.04mg (1.89%), Vitamin C: 1.39mg (1.69%), Potassium: 54.83mg (1.57%)