



## Low-Fat Bruschetta

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 loaf bread french trimmed cut into 24 slices (24 inch)
- 6 green onions sliced
- 1 cup seasons dressing mix fat free italian good prepared for dressing
- 1.3 lb tomatoes chopped

### Equipment

- broiler

## Directions

- Heat broiler.
- Broil bread slices 2 min. on each side or until golden brown on both sides.
- Brush with dressing; top with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:15.05, Glycemic Load:16.69, Inflammation Score:-6, Nutrition Score:8.0456521873889%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 187.08kcal (9.35%), Fat: 1.1g (1.68%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 34.89g (12.69%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 2019.2mg (87.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin B1: 0.31mg (20.6%), Vitamin K: 19.66µg (18.73%), Selenium: 11.48µg (16.4%), Folate: 62.31µg (15.58%), Manganese: 0.29mg (14.29%), Vitamin B3: 2.3mg (11.51%), Vitamin C: 9.12mg (11.06%), Vitamin B2: 0.19mg (11.02%), Vitamin A: 544.09IU (10.88%), Iron: 1.82mg (10.13%), Fiber: 1.75g (6.99%), Phosphorus: 58.27mg (5.83%), Potassium: 201.05mg (5.74%), Magnesium: 20.48mg (5.12%), Copper: 0.1mg (5.01%), Vitamin B6: 0.09mg (4.63%), Zinc: 0.54mg (3.6%), Calcium: 31.65mg (3.17%), Vitamin E: 0.43mg (2.87%), Vitamin B5: 0.19mg (1.89%)