

Mango Bruschetta

READY IN



25 min.

SERVINGS



6

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bread french cut into 1/2 inch pieces
- ☐ 1 tablespoon basil fresh minced
- ☐ 1 mangos diced peeled seeded
- ☐ 1 cup romano cheese grated

Equipment

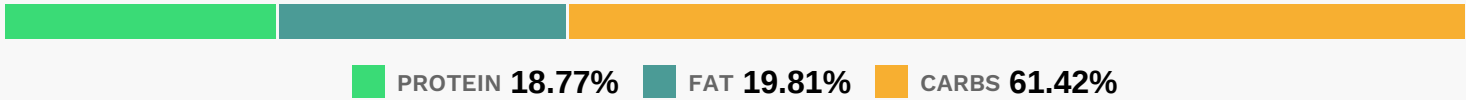
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Arrange French bread slices in a single layer on a large baking sheet. Broil in the preheated oven 1 to 2 minutes per side, until lightly toasted.
- ☐ Remove from heat.
- ☐ In a medium bowl, mix mango and fresh basil.
- ☐ Top each bread slice with equal amounts of the mango and basil mixture.
- ☐ Sprinkle with Romano cheese, adjusting the amount to taste.
- ☐ Return topped bread to broiler. Broil 2 to 3 minutes, or until the cheese is melted and lightly browned.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:32.8, Inflammation Score:-6, Nutrition Score:13.388260781765%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 290.91kcal (14.55%), Fat: 6.45g (9.93%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 42.8g (15.57%), Sugar: 8.34g (9.27%), Cholesterol: 17.33mg (5.78%), Sodium: 655.46mg (28.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin B1: 0.55mg (36.85%), Selenium: 24.25µg (34.64%), Folate: 109.21µg (27.3%), Vitamin B2: 0.4mg (23.4%), Calcium: 221.03mg (22.1%), Manganese: 0.43mg (21.25%), Phosphorus: 211.06mg (21.11%), Vitamin B3: 3.89mg (19.45%), Iron: 3.15mg (17.5%), Vitamin C: 12.62mg (15.29%), Vitamin A: 460.04IU (9.2%), Fiber: 2.22g (8.88%), Magnesium: 34.69mg (8.67%), Zinc: 1.25mg (8.33%), Copper: 0.16mg (7.97%), Vitamin B6: 0.14mg (6.83%), Potassium: 161.73mg (4.62%), Vitamin B5:

0.39mg (3.92%), Vitamin K: 3.73µg (3.55%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.19µg (3.11%)