



Mango Pepper Salsa Crostini

 Vegetarian

READY IN



15 min.

SERVINGS



32

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces approx cream cheese spread
- ☐ 32 slices crusty baguette french thin
- ☐ 0.7 cup salsa

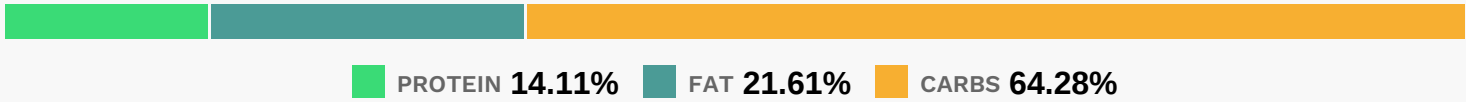
Equipment

- ☐ slotted spoon

Directions

- ☐
- Spread cream cheese on baguette slices.
- ☐
- Spoon 1 teaspoon fruit salsa over cream cheese, using slotted spoon.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:10.56, Inflammation Score:-2, Nutrition Score:3.5978260762666%

Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 2.42g (3.72%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.43g (5.61%), Sugar: 1.93g (2.14%), Cholesterol: 4.39mg (1.46%), Sodium: 266.18mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin B1: 0.19mg (12.54%), Folate: 34.46µg (8.61%), Selenium: 5.55µg (7.93%), Manganese: 0.15mg (7.73%), Vitamin B3: 1.51mg (7.57%), Iron: 1.13mg (6.26%), Vitamin B2: 0.1mg (6.14%), Calcium: 43.62mg (4.36%), Phosphorus: 32.13mg (3.21%), Fiber: 0.77g (3.08%), Magnesium: 9.13mg (2.28%), Vitamin B6: 0.04mg (2.14%), Copper: 0.04mg (2.11%), Vitamin A: 93.33IU (1.87%), Zinc: 0.26mg (1.76%), Potassium: 53.65mg (1.53%), Vitamin B5: 0.13mg (1.32%), Vitamin K: 1.19µg (1.13%), Vitamin E: 0.16mg (1.06%)