



Northwest Bounty Bruschetta

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz sourdough baguette thick sliced
- ☐ 0.7 cup cheese blue crumbled
- ☐ 0.3 cup cherries dried
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped
- ☐ 0.3 cup hazelnuts chopped
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 1 teaspoon maple syrup
- ☐ 3 tablespoons olive oil divided

☐ 0.3 cup onion chopped

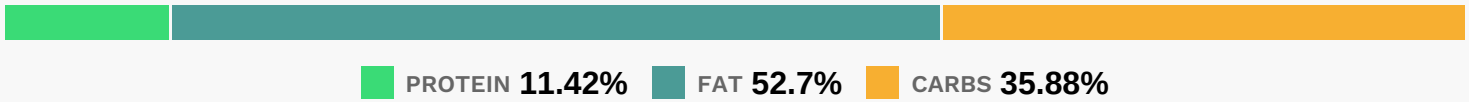
Equipment

☐ frying pan

Directions

- ☐ Brush bread with 2 tbsp. olive oil and broil until golden, turning once, 5 minutes.
- ☐ In a frying pan over medium heat, saut onion with remaining oil until golden.
- ☐ Add apple and syrup; cook 5 minutes.
- ☐ Let cool slightly. Stir in cherries, horseradish, and cheese; spoon over toasts. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:5.5691304336423%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 165.82kcal (8.29%), Fat: 9.87g (15.19%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.77g (5.01%), Sugar: 3.73g (4.14%), Cholesterol: 6.75mg (2.25%), Sodium: 247.3mg (10.75%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.81g (9.63%), Manganese: 0.38mg (19.19%), Vitamin B1: 0.17mg (11.09%), Vitamin E: 1.32mg (8.79%), Folate: 33.98µg (8.5%), Calcium: 79.54mg (7.95%), Selenium: 5.35µg (7.64%), Vitamin B2: 0.13mg (7.45%), Phosphorus: 71.85mg (7.19%), Vitamin B3: 1.22mg (6.1%), Iron: 1.06mg (5.91%), Fiber: 1.35g (5.41%), Copper: 0.11mg (5.39%), Vitamin K: 4.37µg (4.16%), Magnesium: 16.37mg (4.09%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.54mg (3.63%), Potassium: 110.65mg (3.16%), Vitamin B5: 0.3mg (3%), Vitamin C: 1.65mg (2%),

Vitamin B12: 0.11µg (1.83%), Vitamin A: 78.55IU (1.57%)