



Peameal Bacon and Onion Chutney Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

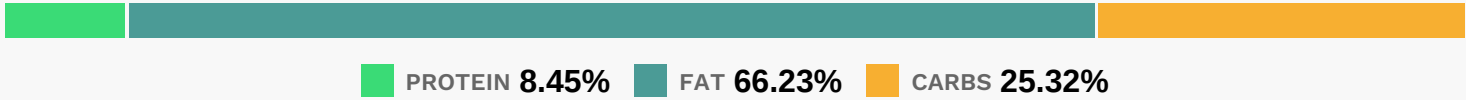
- ☐ 6 slices peameal bacon (cut each slice into 3 pieces)
- ☐ 1 baguette toasted sliced (and)
- ☐ 3 tablespoons dijon mustard
- ☐ 9 tablespoons mayonnaise
- ☐ 9 tablespoons onion chutney

Equipment

Directions

- ☐ Fry the peameal bacon until cooked and set aside.
- ☐ Mix the mayo and mustard.
- ☐ Spread some of the mayo–mustard mixture on a slice of baguette, top with a piece of peameal bacon followed by some onion chutney.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:4.72, Inflammation Score:-1, Nutrition Score:2.7956521692483%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 117.68kcal (5.88%), Fat: 8.62g (13.25%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.94g (1.04%), Cholesterol: 7.78mg (2.59%), Sodium: 206.53mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 11.88µg (11.32%), Vitamin B1: 0.11mg (7.25%), Selenium: 4.9µg (7%), Vitamin B3: 0.95mg (4.73%), Manganese: 0.08mg (4.13%), Folate: 16.34µg (4.08%), Vitamin B2: 0.05mg (3.23%), Iron: 0.57mg (3.19%), Phosphorus: 29.37mg (2.94%), Vitamin B6: 0.04mg (2.11%), Vitamin E: 0.31mg (2.07%), Fiber: 0.48g (1.94%), Calcium: 18.24mg (1.82%), Magnesium: 6.26mg (1.57%), Zinc: 0.23mg (1.54%), Potassium: 44.19mg (1.26%), Copper: 0.03mg (1.25%), Vitamin B5: 0.12mg (1.19%)