



Pesto Crostini

 Very Healthy

READY IN



20 min.

SERVINGS



20

CALORIES



1799 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 32 bread french toasted (1/)
- 3 cups basil leaves fresh loosely packed
- 0.5 cup parmesan cheese divided grated kraft
- 0.3 cup vinaigrette dressing italian kraft

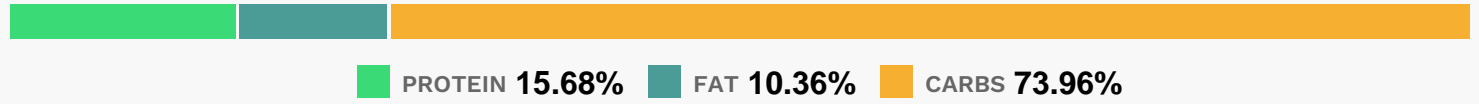
Equipment

- blender

Directions

- Blend dressing, basil and 1/3 cup Parmesan in blender until smooth.
- Spread cream cheese spread onto toast slices; top with basil mixture.
- Sprinkle with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:256.08, Inflammation Score:-10, Nutrition Score:49.064347897535%

Nutrients (% of daily need)

Calories: 1798.98kcal (89.95%), Fat: 20.76g (31.93%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 333.37g (111.12%), Net Carbohydrates: 319.23g (116.09%), Sugar: 30.04g (33.37%), Cholesterol: 9.21mg (3.07%), Sodium: 3949.35mg (171.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.68g (141.35%), Vitamin B1: 4.55mg (303.06%), Selenium: 183.99µg (262.85%), Folate: 789.8µg (197.45%), Manganese: 3.4mg (169.85%), Vitamin B2: 2.74mg (161.42%), Vitamin B3: 30.88mg (154.41%), Iron: 25.15mg (139.72%), Phosphorus: 689.87mg (68.99%), Fiber: 14.14g (56.55%), Magnesium: 207.98mg (51.99%), Copper: 0.99mg (49.38%), Zinc: 6.79mg (45.29%), Calcium: 374.88mg (37.49%), Vitamin B6: 0.69mg (34.62%), Vitamin K: 23.58µg (22.46%), Potassium: 764.35mg (21.84%), Vitamin B5: 2.15mg (21.53%), Vitamin E: 1.58mg (10.52%), Vitamin A: 319.25IU (6.39%)