



WHATSheATE



HEALTH SCORE

87%

Pico de Gallo Bruschetta



Vegetarian



Very Healthy

READY IN



26 min.

SERVINGS



1

CALORIES



1370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 crusty baguette cut into 36 (1/4-inch-thick) slices
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4.5 ounces monterrey jack cheese shredded
- ☐ 1 serving olive oil
- ☐ 0.5 cup onion red chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 serrano chiles seeded finely chopped
- ☐ 3 tomatoes seeded chopped

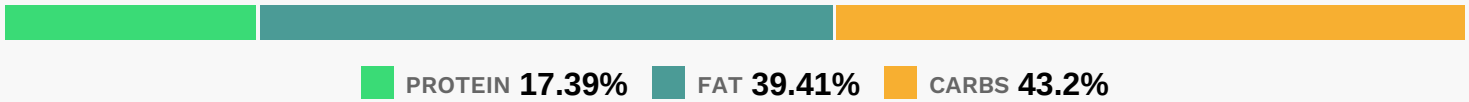
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Brush baguette slices with olive oil, and place on a baking sheet.
- ☐ Bake 7 minutes or until light golden brown.
- ☐ Remove from oven; sprinkle evenly with cheese, and bake 1 minute or until cheese is melted.
- ☐ Combine tomatoes and remaining ingredients in a bowl; spoon mixture onto bread slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:257.75, Glycemic Load:88.87, Inflammation Score:-10, Nutrition Score:59.543478157209%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 2.62mg, Naringenin: 2.62mg, Naringenin: 2.62mg, Naringenin: 2.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 23.38mg, Quercetin: 23.38mg, Quercetin: 23.38mg, Quercetin: 23.38mg

Nutrients (% of daily need)

Calories: 1369.54kcal (68.48%), Fat: 60.46g (93.02%), Saturated Fat: 27.82g (173.91%), Carbohydrates: 149.09g (49.7%), Net Carbohydrates: 136.96g (49.81%), Sugar: 26.54g (29.49%), Cholesterol: 113.54mg (37.85%), Sodium: 2919.21mg (126.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.04g (120.08%), Calcium: 1294.38mg (129.44%), Vitamin B1: 1.68mg (111.87%), Manganese: 1.98mg (98.89%), Phosphorus: 938mg (93.8%), Folate: 370.43µg (92.61%), Vitamin A: 4549.75IU (90.99%), Vitamin C: 74.17mg (89.91%), Selenium: 62.93µg (89.9%), Vitamin B2: 1.42mg (83.71%), Vitamin B3: 14.09mg (70.47%), Vitamin K: 68.46µg (65.2%), Iron: 11.21mg (62.3%), Fiber: 12.13g (48.52%), Vitamin B6: 0.91mg (45.46%), Zinc: 6.73mg (44.87%), Potassium: 1541.76mg (44.05%), Magnesium: 157.69mg (39.42%), Vitamin E: 5.38mg (35.86%), Copper: 0.66mg (32.98%), Vitamin B5: 1.78mg (17.81%), Vitamin B12: 1.06µg (17.65%), Vitamin D: 0.77µg (5.1%)