



Quick Bruschetta for Two

READY IN



5 min.

SERVINGS



5

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

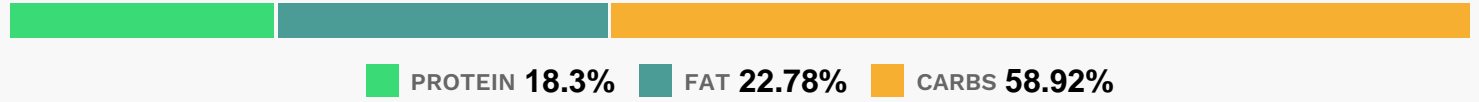
- 0.3 cup cherry tomatoes quartered
- 2 slices bread french toasted thin (1/ each)
- 1 Tbsp basil fresh chopped
- 2 tsp 2 tsp. kraft lite zesty italian dressing italian kraft
- 2 tsp parmesan cheese shredded kraft
- 2 Tbsp milk mozzarella cheese shredded 2% kraft

Equipment

Directions

- Combine first 5 ingredients.
- Spoon over toast slices just before serving.

Nutrition Facts



Properties

Glycemic Index:40.9, Glycemic Load:10.29, Inflammation Score:-2, Nutrition Score:4.4591304394214%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 94.41kcal (4.72%), Fat: 2.4g (3.69%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.32g (4.84%), Sugar: 1.61g (1.79%), Cholesterol: 4.94mg (1.65%), Sodium: 214.35mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin B1: 0.19mg (12.47%), Selenium: 8.49µg (12.13%), Folate: 33.76µg (8.44%), Manganese: 0.16mg (7.94%), Vitamin B2: 0.13mg (7.65%), Vitamin B3: 1.29mg (6.47%), Vitamin K: 6.66µg (6.34%), Iron: 1.13mg (6.25%), Phosphorus: 53.62mg (5.36%), Calcium: 51.16mg (5.12%), Zinc: 0.47mg (3.14%), Vitamin A: 146.56IU (2.93%), Magnesium: 11.11mg (2.78%), Fiber: 0.64g (2.54%), Copper: 0.05mg (2.52%), Vitamin C: 1.93mg (2.34%), Vitamin B12: 0.14µg (2.33%), Vitamin B6: 0.04mg (1.94%), Potassium: 56.12mg (1.6%), Vitamin B5: 0.11mg (1.08%), Vitamin E: 0.15mg (1.02%)