






 **10%**
HEALTH SCORE

Red, White and Blue Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN

20 min.

SERVINGS

12

CALORIES

152 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 15 ounces .5 can cannellini beans white (kidney)
- 4 ounces pimientos
- 0.3 cup blueberries dried
- 2 garlic clove minced
- 2 tablespoons olive oil
- 1 dash salt
- 1 dash pepper red crushed
- 1 loaf bread french sliced into 1/2-inch pieces

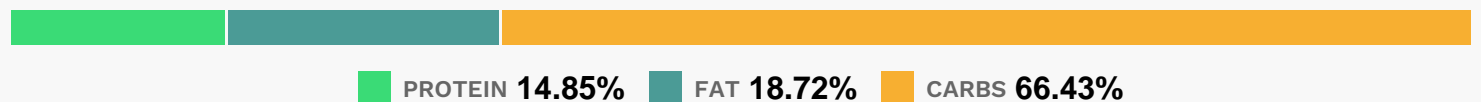
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 375°F.
- Drain and rinse beans.
- Chop pimiento, save liquid.
- Mince garlic.
- Mix beans, pimientos, oil from pimiento jar, 1 tbsp olive oil and garlic in sauce pan.
- Heat bean mixture on low.
- Add dash of salt.
- Place bread slices onto cookie sheet and toast in oven at 375°F for 3–5 minutes.
- Add dried blueberries to bean mixture and stir.
- Arrange toast on a platter and spoon bean mixture onto each slice.
- Drizzle remaining olive oil over toast and beans while on platter.
- Sprinkle crushed red pepper flakes on top.

Nutrition Facts



Properties

Glycemic Index:12.96, Glycemic Load:13.55, Inflammation Score:-4, Nutrition Score:6.0165217492891%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.89kcal (7.59%), Fat: 3.26g (5.02%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 22.96g (8.35%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 282.79mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin B1: 0.24mg (15.98%), Selenium: 9.62µg (13.75%), Iron: 2.35mg (13.04%), Fiber: 3.08g (12.31%), Vitamin C: 9.98mg (12.1%), Folate: 41.68µg (10.42%), Manganese: 0.19mg (9.59%), Vitamin B2: 0.15mg (8.82%), Vitamin B3: 1.68mg (8.41%), Vitamin A: 253.41IU (5.07%), Calcium: 41.88mg (4.19%), Phosphorus: 37.77mg (3.78%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.49mg (3.26%), Copper: 0.06mg (2.9%), Magnesium: 11.47mg (2.87%), Zinc: 0.37mg (2.5%), Vitamin K: 2.62µg (2.49%), Potassium: 84.43mg (2.41%), Vitamin B5: 0.12mg (1.15%)