



Ricotta Raspberry Canapés

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 ounce bread whole wheat
- 1 cup ricotta cheese fresh
- 2 tablespoons honey
- 2 cups raspberries fresh

Equipment

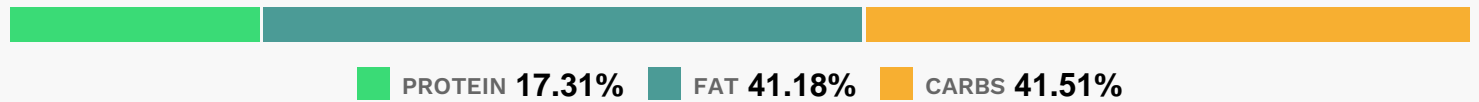
- bowl
- baking sheet

oven

Directions

- Preheat oven to 30
- Cut each bread slice in half; place on a baking sheet.
- Bake at 300 for 7 minutes or until lightly toasted.
- Remove from oven; cool completely.
- Combine ricotta and pepper in a small bowl.
- Spread about 2 teaspoons cheese mixture on each toast. Top each toast with 2 to 3 raspberries; drizzle evenly with honey.
- Garnish with mint sprigs, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:2.5452174090821%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 60.45kcal (3.02%), Fat: 2.87g (4.41%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.13g (1.87%), Sugar: 3.88g (4.31%), Cholesterol: 10.54mg (3.51%), Sodium: 23.3mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Manganese: 0.16mg (8.14%), Vitamin C: 5.26mg (6.38%),

Fiber: 1.38g (5.5%), Calcium: 49.84mg (4.98%), Selenium: 3.41µg (4.87%), Phosphorus: 40.25mg (4.02%), Vitamin B2: 0.05mg (3.08%), Zinc: 0.34mg (2.3%), Vitamin A: 99.05IU (1.98%), Folate: 7.77µg (1.94%), Vitamin K: 1.98µg (1.89%), Magnesium: 7.37mg (1.84%), Potassium: 56.49mg (1.61%), Iron: 0.28mg (1.57%), Vitamin E: 0.2mg (1.33%), Copper: 0.03mg (1.32%), Vitamin B5: 0.12mg (1.23%), Vitamin B12: 0.07µg (1.17%), Vitamin B6: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.06%)