



RITZ "Bruschetta

READY IN



20 min.

SERVINGS



20

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 green onions chopped
- 1 Tbsp 1 tbsp. kraft zesty italian dressing italian kraft
- 2 Tbsp polly-o parmesan cheese shredded
- 1 cup plum tomatoes chopped
- 36 ritz crackers
- 0.5 cup mozzarella cheese shredded kraft

Equipment

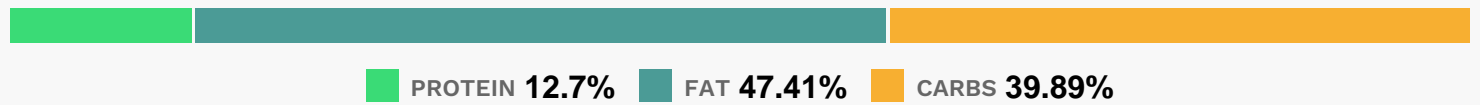
- baking sheet

oven

Directions

- Heat oven to 400F.
- Combine first 4 ingredients.
- Place crackers on baking sheet; top with tomato mixture and Parmesan cheese.
- Bake 8 to 10 min. or until cheese is melted.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.6921739150649%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 41.21kcal (2.06%), Fat: 2.19g (3.37%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.89g (0.99%), Cholesterol: 2.55mg (0.85%), Sodium: 81.28mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 6.6µg (6.29%), Phosphorus: 31.52mg (3.15%), Calcium: 30.52mg (3.05%), Vitamin A: 133.6IU (2.67%), Manganese: 0.05mg (2.29%), Vitamin C: 1.85mg (2.24%), Vitamin B1: 0.03mg (2.01%), Vitamin E: 0.28mg (1.88%), Vitamin B3: 0.35mg (1.73%), Iron: 0.31mg (1.72%), Folate: 6.66µg (1.67%), Vitamin B2: 0.03mg (1.59%), Selenium: 0.86µg (1.23%), Fiber: 0.3g (1.19%), Potassium: 40.98mg (1.17%), Vitamin B12: 0.07µg (1.16%), Zinc: 0.15mg (1.03%)