



Roast Beef Bruschetta

READY IN



30 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb crusty baguette french cut into 30 (1/4-inch) slices
- 0.5 cup approx cream cheese spread (from 8-oz container)
- 0.5 cup spring onion sliced
- 0.3 teaspoon pepper
- 4 plum tomatoes thinly sliced (Roma)
- 0.5 lb pan drippings from roast beef preferably cooked thinly sliced (from deli)
- 2 tablespoons vegetable oil

Equipment

baking sheet

oven

Directions

Heat oven to 375°F.

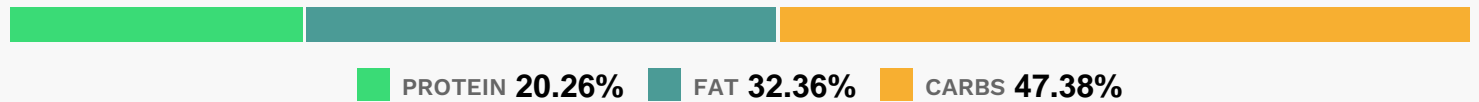
Brush both sides of bread slices with oil.

Place on ungreased cookie sheet.

Bake about 5 minutes or until crisp. Cool 5 minutes.

Spread cream cheese over each bread slice. Top with beef; sprinkle with pepper. Top each with tomato slice and onions.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:5.1, Inflammation Score:-2, Nutrition Score:3.1452174083046%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 67.69kcal (3.38%), Fat: 2.42g (3.73%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.52g (2.73%), Sugar: 1.08g (1.2%), Cholesterol: 6.65mg (2.22%), Sodium: 225.45mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin B3: 1.31mg (6.53%), Vitamin B1: 0.1mg (6.36%), Vitamin K: 6.25µg (5.95%), Vitamin C: 4.85mg (5.88%), Folate: 19.18µg (4.79%), Selenium: 3.12µg (4.45%), Calcium: 43.68mg (4.37%), Manganese: 0.09mg (4.29%), Iron: 0.73mg (4.05%), Vitamin B2: 0.06mg (3.57%), Phosphorus: 31.58mg (3.16%), Zinc: 0.41mg (2.75%), Vitamin B6: 0.05mg (2.68%), Vitamin A: 121.51IU (2.43%), Vitamin B12: 0.13µg (2.14%), Fiber: 0.46g (1.86%), Potassium: 64.33mg (1.84%), Magnesium: 6.79mg (1.7%), Copper: 0.03mg (1.5%), Vitamin E: 0.17mg (1.15%)