



## Roasted Tomato Crostini

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup baby spinach leaves
- 1 Tbsp balsamic vinaigrette dressing kraft
- 16 slices bread french toasted
- 1 cup polly-o natural part skim ricotta cheese
- 8 plum tomatoes cut in half
- 6 oz take rosemary & roasted garlic recipe cheese breadcrumb mix mixed fresh

### Equipment

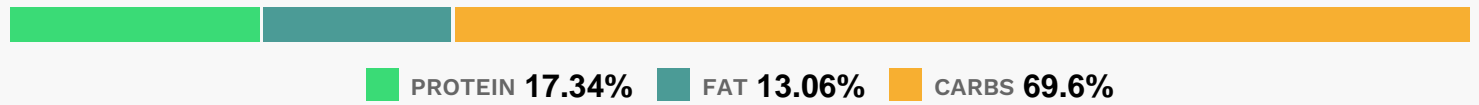
- baking sheet

- oven
- aluminum foil

## Directions

- Heat oven to 375F.
- Place tomatoes, cut-sides up, on foil-covered rimmed baking sheet sprayed with cooking spray.
- Bake 45 min. or until lightly browned. Top each with 1 Tbsp. cheese mixture; bake 15 min.
- Meanwhile, toss spinach with dressing.
- Spread toast slices with ricotta; top with spinach and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:12.03, Glycemic Load:28.71, Inflammation Score:-6, Nutrition Score:12.794782521284%

## Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 3.46g (5.32%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 39.28g (14.28%), Sugar: 4.23g (4.7%), Cholesterol: 5.13mg (1.71%), Sodium: 445.79mg (19.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Vitamin B1: 0.52mg (34.98%), Selenium: 23.92µg (34.17%), Manganese: 0.6mg (30.23%), Folate: 95.3µg (23.82%), Vitamin B2: 0.34mg (20.27%), Vitamin B3: 3.59mg (17.97%), Iron: 3.08mg (17.1%), Phosphorus: 128.2mg (12.82%), Vitamin K: 13.06µg (12.44%), Vitamin B6: 0.25mg (12.37%), Calcium: 106.38mg (10.64%), Vitamin A: 527.49IU (10.55%), Vitamin C: 8.63mg (10.46%), Fiber: 2.18g (8.72%), Copper: 0.17mg (8.27%), Magnesium: 32.38mg (8.09%), Zinc: 1.13mg (7.53%), Potassium: 235.54mg (6.73%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.38mg (2.55%)