

Salsa and Hummus Roasted Chicken Bruschetta

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 loaf baguette
- ☐ 1 large chicken breast
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup sabra hummus
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon freshly cracked pepper black

☐ 0.3 cup sabra mango peach salsa

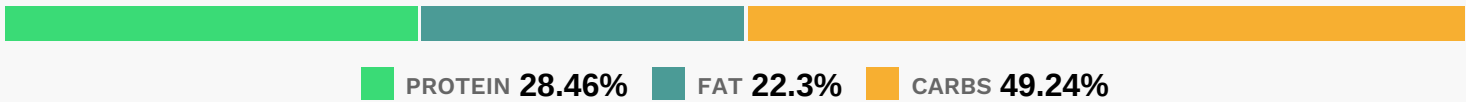
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Rub chicken breast with olive oil then rub salt, pepper and cumin.
- ☐ Bake in small dish covered lightly with foil, for 50–60 minutes.
- ☐ Remove and let rest for 15 minutes before thinly slicing. Thinly slice baguette in oven for 15 minutes or until toasted to your desire.
- ☐ Let cool for 10 minutes.
- ☐ Spread a thin layer of Sabra Hummus over toasted baguette slices and top with a teaspoon of Sabra Salsa. Top with a thin slice or two of chicken breast.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.61, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:3.08130437654%

Nutrients (% of daily need)

Calories: 58.33kcal (2.92%), Fat: 1.44g (2.21%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.44g (2.34%), Sugar: 0.71g (0.79%), Cholesterol: 7.23mg (2.41%), Sodium: 164.11mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin B3: 1.82mg (9.1%), Selenium: 5.96µg (8.51%), Vitamin B1: 0.09mg (6.16%), Vitamin B6: 0.12mg (5.79%), Manganese: 0.12mg (5.75%), Folate: 19.07µg (4.77%), Phosphorus: 47.63mg (4.76%), Iron: 0.66mg (3.65%), Vitamin B2: 0.06mg (3.33%), Fiber: 0.7g (2.8%), Magnesium: 11.18mg (2.79%), Copper: 0.05mg (2.66%), Potassium: 80.5mg (2.3%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.28mg (1.9%), Calcium: 17.3mg (1.73%)