



Savory Bruschetta

READY IN



25 min.

SERVINGS



25

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 Tbsp olives black pitted chopped
- ☐ 8 oz philadelphia cream cheese softened
- ☐ 1 lb bread french cut in half lengthwise
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 3 Tbsp parmesan cheese grated kraft
- ☐ 1 cup plum tomatoes chopped

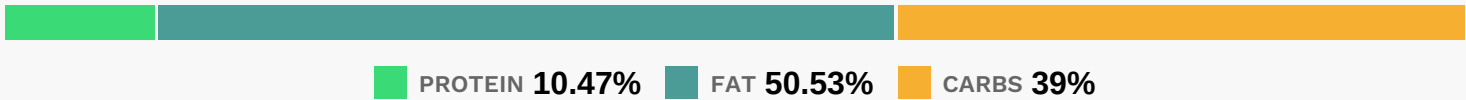
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 400F.
- ☐ Mix oil and garlic; spread onto cut surfaces of bread.
- ☐ Bake 8 to 10 minutes or until lightly browned. Cool.
- ☐ Mix cream cheese and Parmesan cheese with electric mixer on medium speed until blended. Stir in olives.
- ☐ Spread toasted bread halves with cream cheese mixture; top with tomatoes.
- ☐ Cut into 24 slices to serve.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:9.82, Glycemic Load:7.5, Inflammation Score:-3, Nutrition Score:3.3252173916477%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 105.59kcal (5.28%), Fat: 6.01g (9.24%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 9.89g (3.6%), Sugar: 1.43g (1.59%), Cholesterol: 9.68mg (3.23%), Sodium: 158.74mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin B1: 0.14mg (9%), Selenium: 6.2µg (8.86%), Folate: 24.77µg (6.19%), Vitamin B2: 0.1mg (6.03%), Manganese: 0.11mg (5.61%), Vitamin B3: 0.94mg (4.72%), Vitamin A: 221.04IU (4.42%), Iron: 0.77mg (4.29%), Phosphorus: 35.18mg (3.52%), Vitamin E: 0.51mg (3.38%), Vitamin K: 3.38µg (3.22%), Calcium: 25.48mg (2.55%), Fiber: 0.54g (2.16%), Magnesium: 8.13mg (2.03%), Zinc: 0.28mg (1.86%),

Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.73%), Vitamin C: 1.38mg (1.67%), Potassium: 58.22mg (1.66%),
Vitamin B5: 0.12mg (1.24%)