



Southwest Blt Crostini

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ancho chili pepper chopped
- 4 slices bacon
- 0.5 crusty baguette
- 1 bunch cilantro leaves
- 10 servings chili powder for sprinkling
- 0.5 cup lettuce
- 1 cup mayonnaise
- 2 tablespoons olive oil
- 0.5 cup pepper jack cheese shredded

- 0.3 cup salsa
- 1 tomatoes chopped

Equipment

- oven

Directions

- Start out by chopping up your baguette into 3/4" slices.
- Brush the olive oil over the top of the pieces and sprinkle them with your cumin and chili powder. Next up, you'll mix together the mayo, salsa, and the chili pepper.
- Spread your mixture over the top of your baguette bites. Now it's time to add your shredded cheese. Don't be shy, cheese is really good. Trust me, I'm a cheesehead. Now, take your cheese up crostinis and throw them into the oven at 350 for about 5 minutes; just long enough to get the cheese good and melted. While they're in the oven, grab your bacon and fry it up. Pull out the cooked up pieces, let them cool and drain, and then cut them into thirds. Now, take your cooked up crostinis and place a piece of bacon, then the arugula and finally the chopped tomatoes. Finish them off by sprinkling a couple leaves of fresh cilantro over the

Nutrition Facts

PROTEIN 6.53% **FAT 78.74%** **CARBS 14.73%**

Properties

Glycemic Index: 25.08, Glycemic Load: 4.35, Inflammation Score: -8, Nutrition Score: 8.9517391304348%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Taste

Sweetness: 22.19%, Saltiness: 34.42%, Sourness: 13.65%, Bitterness: 9.06%, Savoriness: 25.15%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 288.98kcal (14.45%), Fat: 25.64g (39.44%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 8.49g (3.09%), Sugar: 2.97g (3.3%), Cholesterol: 20.24mg (6.75%), Sodium: 391.67mg (17.03%), Protein: 4.79g (9.57%), Vitamin K: 49.21µg (46.86%), Vitamin A: 1787.06IU (35.74%), Vitamin E: 2.27mg (15.14%), Fiber: 2.29g (9.17%), Selenium: 5.85µg (8.36%), Vitamin B2: 0.14mg (8.3%), Vitamin B3: 1.62mg (8.11%), Vitamin B1: 0.12mg (7.79%), Manganese: 0.15mg (7.66%), Phosphorus: 72.04mg (7.2%), Calcium: 69.94mg (6.99%), Vitamin B6: 0.14mg (6.84%), Iron: 1.22mg (6.76%), Potassium: 201.62mg (5.76%), Folate: 21.5µg (5.38%), Vitamin C: 3.24mg (3.93%), Zinc: 0.57mg (3.8%), Magnesium: 14.9mg (3.73%), Copper: 0.07mg (3.35%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.12µg (1.96%)