



Strawberry brunch bruschettas



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices fruit and nut granola
- ☐ 50 g butter unsalted
- ☐ 200 g strawberries ripe halved
- ☐ 4 tbsp clear honey
- ☐ 0.3 tsp vanilla paste (or use extract)
- ☐ 3 tbsp almonds flaked toasted
- ☐ 1 pinch sea salt
- ☐ 4 tbsp ricotta cheese (, if you like)

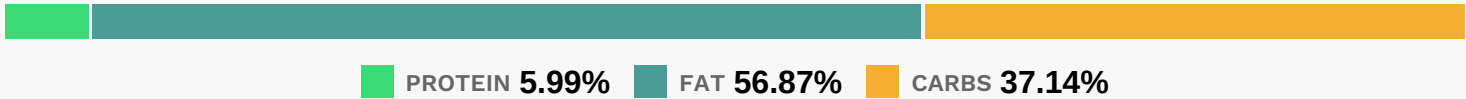
Equipment

- ☐ frying pan
- ☐ toaster

Directions

- ☐ Toast the bread in the toaster or on a griddle pan for a stripy effect. Melt one-quarter of the butter in a frying pan. When it foams, add the strawberries, cut-side down, and fry over a high heat for 2 mins or until starting to caramelise.
- ☐ Add the remaining butter, the honey and vanilla, and swirl to make a sticky sauce. Stir in the almonds and salt.
- ☐ Dollop or spread the ricotta onto the hot toast, then spoon over the hot berries and honey-nut butter.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:64.64, Glycemic Load:20.7, Inflammation Score:-7, Nutrition Score:13.563043428504%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Quercetin: 1.16mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 480.99kcal (24.05%), Fat: 31.96g (49.17%), Saturated Fat: 15.92g (99.47%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 42.99g (15.63%), Sugar: 40.5g (44.99%), Cholesterol: 69.05mg (23.02%), Sodium: 50.16mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin C: 60.81mg (73.71%), Manganese: 0.77mg (38.26%), Vitamin E: 4.74mg (31.62%), Vitamin B2: 0.28mg (16.29%), Fiber: 3.96g (15.84%), Vitamin A: 770.4IU (15.41%), Phosphorus: 151.33mg (15.13%), Magnesium: 58.14mg (14.54%), Calcium: 127.08mg (12.71%), Copper: 0.23mg (11.4%), Potassium: 322.29mg (9.21%), Folate: 35.79µg (8.95%), Selenium: 5.95µg (8.5%), Zinc: 1.07mg (7.14%), Iron: 1.26mg (7.02%), Vitamin B3: 1.03mg (5.13%), Vitamin B6: 0.09mg (4.56%), Vitamin K: 4.28µg (4.08%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.32mg (3.15%), Vitamin D: 0.44µg (2.9%), Vitamin B12: 0.14µg (2.41%)