



Strawberry Mascarpone Bruschetta



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 olive oil with olive oil and grilled
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon
- ☐ 1 of lemon zest
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.5 cup strawberries thinly sliced

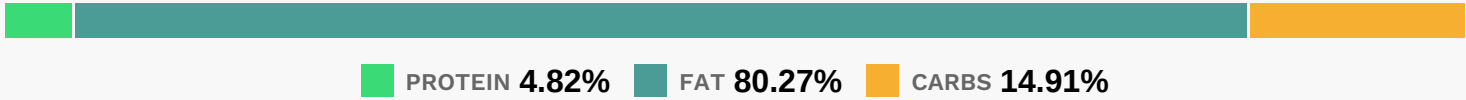
Equipment

- ☐ bowl

Directions

- ☐ Combine mascarpone, honey, and lemon juice in a small bowl.
- ☐ Spread each baguette toast with some of the mascarpone mixture and arrange a few strawberry slices on top.
- ☐ Sprinkle a few bits of lemon zest over each.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:1.3082608982273%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 117.16kcal (5.86%), Fat: 10.48g (16.12%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.53g (3.92%), Cholesterol: 18.75mg (6.25%), Sodium: 10.65mg (0.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 8.26mg (10.01%), Vitamin A: 264.17IU (5.28%), Calcium: 28.77mg (2.88%), Manganese: 0.05mg (2.47%), Vitamin E: 0.33mg (2.18%), Vitamin K: 1.47µg (1.4%), Fiber: 0.27g (1.09%)