



Strawberry Pretzel Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

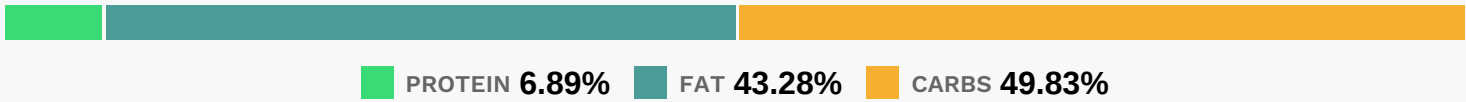
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons t brown sugar dark
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pinch pepper
- ☐ 36 pretzels
- ☐ 4 teaspoons shallots minced
- ☐ 2 cups strawberries finely chopped

Equipment

Directions

- ☐ Stir together strawberries, basil, brown sugar, shallot, and pepper.
- ☐ Spread softened cream cheese onto pretzel crackers. Top with strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:0.77260869547077%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 17.41kcal (0.87%), Fat: 0.87g (1.33%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.17g (1.3%), Cholesterol: 2.39mg (0.8%), Sodium: 20.12mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 4.77mg (5.79%), Manganese: 0.04mg (2.19%), Folate: 4.14µg (1.03%)