



Stuffed Squash Blossom Bruschetta

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 ounce bread french cut
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic clove halved
- ☐ 2 ounces parmesan fresh grated
- ☐ 1 cup part-skim ricotta
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons shallots minced (1 small)
- ☐ 3 cups squash blossoms

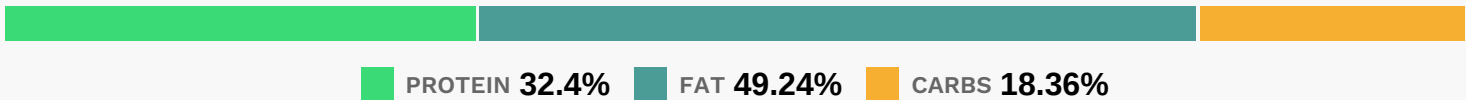
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Prepare grill or grill pan.
- ☐ Place bread on grill rack or grill pan coated with cooking spray; grill 2 minutes on each side or until lightly browned.
- ☐ Remove from grill. Rub cut sides of garlic over one side of each bread slice. Set aside.
- ☐ Preheat oven to 35
- ☐ Spoon ricotta onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 15 minutes.
- ☐ Scrape into a bowl using a rubber spatula. Stir in Parmesan and next 4 ingredients (through pepper). Gently spoon about 1 tablespoon ricotta mixture into each blossom. Gently press edges of blossoms to seal in cheese.
- ☐ Place stuffed blossoms in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until thoroughly heated. Top each bread slice with 1 squash blossom; serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:3.8430435281733%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 4.38g (6.74%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.51g (1.28%), Sugar: 0.41g (0.46%), Cholesterol: 14.43mg (4.81%), Sodium: 234.36mg (10.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.97%), Calcium: 177.75mg (17.78%), Phosphorus: 116.67mg (11.67%), Selenium: 7.5µg (10.72%), Vitamin A: 419.71IU (8.39%), Vitamin B2: 0.1mg (5.65%), Vitamin C: 3.89mg (4.72%), Zinc: 0.65mg (4.31%), Folate: 14.08µg (3.52%), Magnesium: 12.18mg (3.05%), Vitamin B12: 0.17µg (2.92%), Manganese: 0.05mg (2.62%), Potassium: 79.66mg (2.28%), Iron: 0.39mg (2.17%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.24mg (1.19%), Copper: 0.02mg (1.01%)