



Sweet Summer Fruit Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 inch baguette
- ☐ 6 tablespoons brown sugar divided
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup peaches and/or nectarines chopped
- ☐ 0.5 cup plums chopped
- ☐ 2 tablespoons glazed walnuts chopped

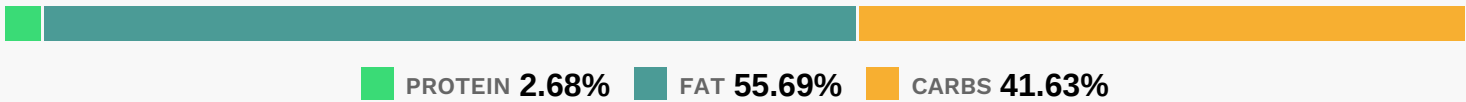
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

☐ Lay the baguette slices in a single layer on a large baking sheet. Stir together the butter, 4 tablespoons brown sugar and cinnamon and spread on one side of each baguette slice. Broil for 1 to 2 minutes or until bubbly and bread is lightly browned on the edges. Stir together the remaining brown sugar, fruit and lime juice in a small bowl. Spoon equal amounts over the bread slices and sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:1.7895652217709%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 116.22kcal (5.81%), Fat: 7.49g (11.53%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12.06g (4.39%), Sugar: 10.78g (11.98%), Cholesterol: 15.25mg (5.08%), Sodium: 61.29mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Manganese: 0.12mg (6.14%), Vitamin A: 246.79IU (4.94%), Vitamin C: 2.53mg (3.07%), Copper: 0.06mg (3.04%), Fiber: 0.54g (2.18%), Vitamin E: 0.29mg (1.96%), Magnesium: 7.23mg (1.81%), Vitamin B1: 0.03mg (1.74%), Potassium: 59.65mg (1.7%), Phosphorus: 16.85mg (1.69%),

Calcium: 15.78mg (1.58%), Folate: 6.26µg (1.57%), Vitamin K: 1.61µg (1.54%), Iron: 0.26mg (1.46%), Vitamin B6: 0.03mg (1.31%), Vitamin B3: 0.25mg (1.27%), Selenium: 0.84µg (1.2%), Vitamin B2: 0.02mg (1.09%)