



Swiss Chard and Cannellini Bean Bruschetta

 Very Healthy

READY IN



22 min.

SERVINGS



6

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 inch bread french italian cut
- ☐ 1 cup cannellini beans white canned rinsed drained
- ☐ 0.1 teaspoon marjoram dried
- ☐ 0.1 teaspoon thyme dried
- ☐ 1 garlic clove
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil divided
- ☐ 0.1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan fresh finely grated
- ☐ 6 swiss chard trimmed thinly sliced

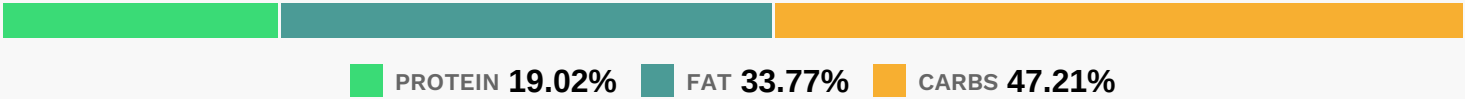
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Cut garlic clove in half. Coarsely chop 1 garlic half; set aside remaining half.
- ☐ Coat bread slices with cooking spray; place on a baking sheet.
- ☐ Bake at 350 for 5 minutes on each side.
- ☐ While bread bakes, place coarsely chopped garlic, beans, and next 5 ingredients in a food processor.
- ☐ Add 1 tablespoon olive oil; process until smooth.
- ☐ Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add Swiss chard; saut 30 seconds or just until wilted.
- ☐ Remove from heat; toss with balsamic vinegar.
- ☐ Preheat broiler.
- ☐ Rub 1 side of each toasted bread slice with reserved cut side of garlic. Top with 1 tablespoon bean pure and a heaping tablespoon of Swiss chard.
- ☐ Sprinkle evenly with cheese. Broil 1 minute or until cheese melts.
- ☐ Bruschetta (broo-SKEH-tah), grilled garlic bread, becomes a healthy appetizer when topped with Swiss chard and beans.

Nutrition Facts



Properties

Glycemic Index:44.28, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:13.025217358023%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 76.91kcal (3.85%), Fat: 3.02g (4.64%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 7.18g (2.61%), Sugar: 1.02g (1.13%), Cholesterol: 1.13mg (0.38%), Sodium: 137.02mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin K: 401.53µg (382.41%), Vitamin A: 2951.04IU (59.02%), Vitamin C: 15.54mg (18.83%), Manganese: 0.37mg (18.5%), Magnesium: 56.13mg (14.03%), Iron: 1.9mg (10.57%), Vitamin E: 1.5mg (9.99%), Potassium: 328.99mg (9.4%), Fiber: 2.32g (9.26%), Copper: 0.16mg (8.07%), Calcium: 70.58mg (7.06%), Folate: 28µg (7%), Phosphorus: 63.96mg (6.4%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.58mg (3.85%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.06mg (3.71%), Selenium: 1.73µg (2.47%), Vitamin B5: 0.16mg (1.64%), Vitamin B3: 0.31mg (1.55%)