



Toasted Feta & Beet Bites

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



101 kcal

Ingredients

- 24 baby spinach leaves fresh
- 0.5 cup balsamic vinaigrette dressing kraft
- 15 oz beets drained sliced canned
- 4 oz philadelphia cream cheese softened ()
- 1 Tbsp grey poupon dijon mustard
- 4 oz athenos feta cheese crumbled traditional
- 1 loaf bread french 1-inch-thick cut into slices (24 inch)
- 0.3 cup onions red chopped

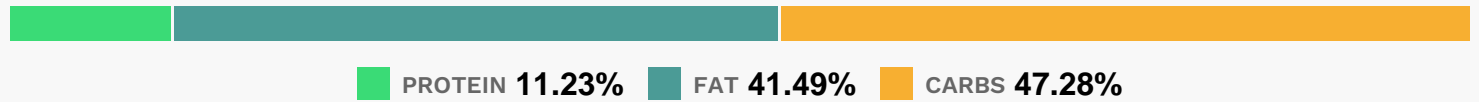
Equipment

- bowl
- baking sheet
- whisk
- broiler

Directions

- Preheat broiler.
- Mix dressing and mustard with wire whisk until well blended.
- Place beets and onions in medium bowl.
- Add half of the dressing mixture; toss to coat.
- Brush bread slices with remaining dressing mixture.
- Place on baking sheet. Broil 2 to 2-1/2 min. or until lightly toasted.
- Mix cream cheese and feta cheese until well blended.
- Spread onto toast slices just before serving; top with the beets and spinach.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:6.56, Inflammation Score:-2, Nutrition Score:3.5713043391057%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 101.01kcal (5.05%), Fat: 4.69g (7.22%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.47g (4.17%), Sugar: 3.02g (3.35%), Cholesterol: 8.62mg (2.87%), Sodium: 237.52mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Selenium: 6.04µg (8.63%), Vitamin B1: 0.13mg (8.4%), Vitamin B2: 0.13mg (7.52%), Folate: 28.34µg (7.09%), Manganese: 0.14mg (6.81%), Vitamin K: 4.99µg (4.75%), Vitamin B3: 0.88mg (4.38%), Iron: 0.77mg (4.27%), Phosphorus: 41.41mg (4.14%), Calcium: 39.12mg (3.91%), Vitamin A: 178.87IU (3.58%), Vitamin B6: 0.05mg (2.58%), Magnesium: 10.15mg (2.54%), Zinc: 0.38mg (2.5%),

Copper: 0.05mg (2.43%), Fiber: 0.56g (2.25%), Potassium: 55.67mg (1.59%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.09µg (1.44%)