



## Tomato & Balsamic Bruschetta

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp heinz balsamic vinegar
- 1 lb bread baguette french cut into 16 slices
- 1 tsp brown sugar
- 24 cherry tomatoes cut in half
- 0.3 cup basil leaves fresh ( 8)
- 2 cloves garlic halved
- 2 Tbsp olive oil
- 0.5 cup slivered onions red

- 0.1 tsp pepper
- 8 oz philadelphia

## Equipment

- baking sheet
- oven
- whisk

## Directions

- Heat oven to 400F.
- Place bread slices in single layer on baking sheet.
- Bake 3 to 4 min. on each side or until toasted on both sides. Rub with garlic. Cool.
- Spread toast slices with reduced-fat cream cheese; top with tomatoes and onions.
- Whisk vinegar, oil, sugar and pepper until blended; drizzle over toast slices. Top with basil.

## Nutrition Facts



## Properties

Glycemic Index:7.91, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:2.2039130492055%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 60.79kcal (3.04%), Fat: 2.94g (4.52%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.7g (2.44%), Sugar: 1.28g (1.42%), Cholesterol: 5.73mg (1.91%), Sodium: 87.52mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin B1: 0.09mg (5.78%), Selenium: 3.81µg (5.45%), Folate: 16.27µg (4.07%), Manganese: 0.08mg (3.97%), Vitamin B2: 0.06mg (3.8%), Vitamin C: 2.55mg (3.09%), Vitamin B3: 0.61mg (3.05%), Iron: 0.54mg (3.01%), Vitamin A: 134.02IU (2.68%), Phosphorus: 21.89mg (2.19%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.55µg (1.47%), Fiber: 0.36g (1.45%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.4%), Magnesium: 5.5mg (1.38%), Calcium: 13.83mg (1.38%), Potassium: 48.04mg (1.37%), Zinc: 0.17mg

(1.12%)