



Tomato, Blue Cheese and Prosciutto Bruschetta

READY IN



40 min.

SERVINGS



8

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup juice reserved from tomatoes canned (below)
- ☐ 0.3 cup honey
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 loaf crusty baguette french
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon cracked wheat fresh black
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 5 oz cheese blue crumbled

☐ 2 packages pancetta dry thinly sliced cut into strips (3 oz ea)

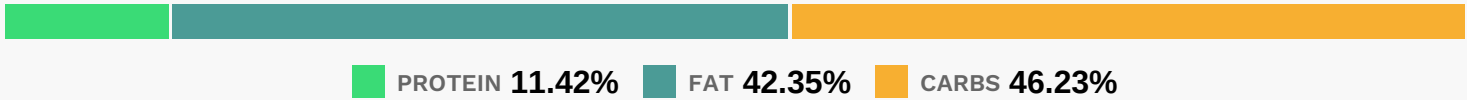
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In 1-quart saucepan, mix sweet and sour sauce ingredients. Simmer over medium heat about 10 minutes, stirring occasionally, until sauce coats back of spoon.
- ☐ Heat oven to 400°F.
- ☐ Cut bread into 1-inch slices; place on ungreased cookie sheet.
- ☐ Brush both sides of each bread slice with olive oil; sprinkle 1 side of each with pepper. Toast in oven 5 to 7 minutes or until light brown.
- ☐ Spoon 1 teaspoon drained tomatoes onto each toasted bread slice; top with crumbled blue cheese and prosciutto strips.
- ☐ Drizzle with sweet and sour sauce.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:17.79, Inflammation Score:-4, Nutrition Score:8.8743477956108%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 269.9kcal (13.5%), Fat: 12.97g (19.96%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 29.98g (10.9%), Sugar: 15.89g (17.65%), Cholesterol: 13.45mg (4.48%), Sodium: 480.58mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.75%), Vitamin B1: 0.23mg (15.58%), Calcium: 148.81mg (14.88%), Manganese: 0.29mg (14.74%), Vitamin E: 1.87mg (12.49%), Selenium: 8.48µg (12.12%), Vitamin B2:

0.21mg (12.08%), Phosphorus: 120.64mg (12.06%), Folate: 48.06µg (12.02%), Vitamin B3: 2.38mg (11.87%), Iron: 2.06mg (11.44%), Vitamin K: 8.67µg (8.26%), Copper: 0.16mg (8.15%), Potassium: 279.97mg (8%), Vitamin B6: 0.16mg (7.89%), Fiber: 1.89g (7.55%), Vitamin C: 5.7mg (6.91%), Magnesium: 25.26mg (6.31%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.61mg (6.06%), Vitamin A: 266.95IU (5.34%), Vitamin B12: 0.22µg (3.62%)