



## Tropical Breakfast Bruschetta

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup philadelphia cream cheese spread
- 1 medium mangos pitted peeled chopped
- 8 oz dole pineapple tidbits drained canned
- 10.8 oz round cake prepared toasted cut into 16 (1/2-inch-thick) slices,
- 0.5 cup strawberries chopped

### Equipment

- bowl

## Directions

- Toss fruit in small bowl.
- Spread cake slices evenly with cream cheese spread, using about 1-1/2 tsp. of the cream cheese spread on each slice. Top each with about 2-1/2 Tbsp. of the fruit mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.59, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:2.0747826157705%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 72.43kcal (3.62%), Fat: 1.7g (2.62%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.78g (4.65%), Sugar: 8.98g (9.98%), Cholesterol: 19.06mg (6.35%), Sodium: 121.52mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 6.95mg (8.42%), Vitamin A: 195.47IU (3.91%), Vitamin B1: 0.05mg (3.49%), Folate: 13.04µg (3.26%), Vitamin B2: 0.05mg (2.83%), Iron: 0.48mg (2.65%), Manganese: 0.05mg (2.62%), Phosphorus: 23.98mg (2.4%), Selenium: 1.51µg (2.16%), Calcium: 21.01mg (2.1%), Vitamin B3: 0.41mg (2.05%), Fiber: 0.46g (1.84%), Copper: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.52%), Potassium: 52.04mg (1.49%), Magnesium: 4.88mg (1.22%)