



Tuna and Cannellini Bean Bruschetta

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 1 cup .5 can cannellini beans drained and rinsed canned cooked
- 2 tablespoons capers
- 8 ounces bread crumbs italian
- 0.5 cup fennel bulb (from)
- 1 medium garlic clove
- 10 servings kosher salt
- 7 ounces tuna in olive oil flaked drained

- 2 tablespoons olive oil
- 0.5 cup onion red (from)
- 2 tablespoons parsley fresh italian coarsely chopped
- 3 tablespoons red wine vinegar

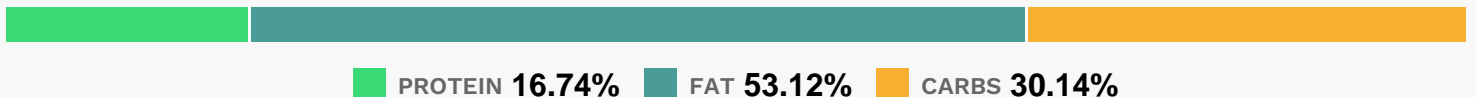
Equipment

- bowl
- baking sheet
- whisk
- grill
- grill pan

Directions

- Place the vinegar in a medium, nonreactive bowl.
- Whisk in the olive oil in a slow stream until combined.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the bread on the grill (reserve the baking sheet) and cook until grill marks appear and the bread is toasted and crisp, about 2 to 3 minutes per side.Return the grilled bread to the reserved baking sheet, seasoned-side up, and rub the seasoned sides with the garlic clove.To serve, divide the tuna mixture evenly among the grilled bread slices and cut the bruschetta into pieces if desired.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:6.1478260081747%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 210.24kcal (10.51%), Fat: 12.48g (19.19%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 13.9g (5.06%), Sugar: 7.54g (8.37%), Cholesterol: 3.57mg (1.19%), Sodium: 446.79mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Vitamin K: 26.86µg (25.58%), Selenium: 15.22µg (21.74%), Vitamin B3: 3.54mg (17.71%), Vitamin D: 1.33µg (8.86%), Fiber: 2.03g (8.12%), Phosphorus: 76.2mg (7.62%), Iron: 1.32mg (7.31%), Vitamin B12: 0.44µg (7.28%), Folate: 19.58µg (4.9%), Vitamin E: 0.62mg (4.16%), Potassium: 129.41mg (3.7%), Magnesium: 12.91mg (3.23%), Vitamin B2: 0.05mg (3.02%), Vitamin B1: 0.05mg (3.01%), Vitamin C: 2.36mg (2.86%), Manganese: 0.04mg (2.22%), Calcium: 20.44mg (2.04%), Vitamin B6: 0.04mg (1.93%), Vitamin A: 91.44IU (1.83%), Zinc: 0.27mg (1.78%), Copper: 0.03mg (1.5%)