



Walnuts and Parmesan Bruschetta

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 baguette
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon
- 0.3 cup olive oil extra-virgin
- 1 cup parmesan grated
- 1 cup walnuts

Equipment

- food processor

baking sheet

Directions

Thinly slice half a baguette.

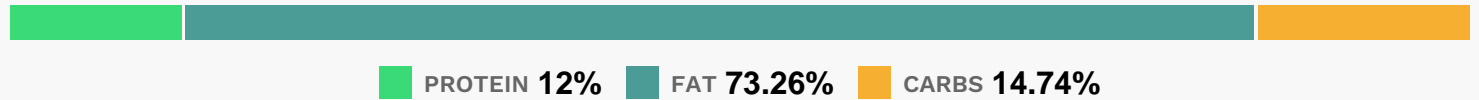
Place the rounds on a baking sheet and broil them until they're golden brown (about 1 1/2 minutes per side). Pulse the walnuts, Parmesan, and salt in a food processor until crumbly.

Add the lemon juice. While the machine is running, add the oil in a slow, steady stream.

Spread the mixture on the rounds.

Garnish the bruschetta with additional Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:19.79, Glycemic Load:7.29, Inflammation Score:-4, Nutrition Score:9.8921740910281%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 353.45kcal (17.67%), Fat: 29.59g (45.53%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.65g (4.24%), Sugar: 1.68g (1.87%), Cholesterol: 11.33mg (3.78%), Sodium: 590.2mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Manganese: 0.77mg (38.33%), Calcium: 238.71mg (23.87%), Phosphorus: 203.13mg (20.31%), Copper: 0.34mg (17.06%), Vitamin E: 1.97mg (13.1%), Vitamin B1: 0.19mg (12.99%), Selenium: 8.29µg (11.85%), Magnesium: 43.72mg (10.93%), Folate: 43.07µg (10.77%), Vitamin B2: 0.15mg (8.93%), Iron: 1.49mg (8.3%), Vitamin K: 8.66µg (8.25%), Zinc: 1.23mg (8.18%), Vitamin B6: 0.14mg (7.13%), Fiber: 1.75g (7.01%), Vitamin B3: 1.21mg (6.06%), Potassium: 129.9mg (3.71%), Vitamin B12: 0.2µg (3.33%), Vitamin B5: 0.27mg (2.69%), Vitamin A: 134.22IU (2.68%), Vitamin C: 1.22mg (1.48%)