



Zucchini and Harissa Bruschetta



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 olive oil with olive oil and grilled
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 2 tbsp harissa
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 5 servings salt and pepper
- ☐ 1 medium zucchini

Equipment

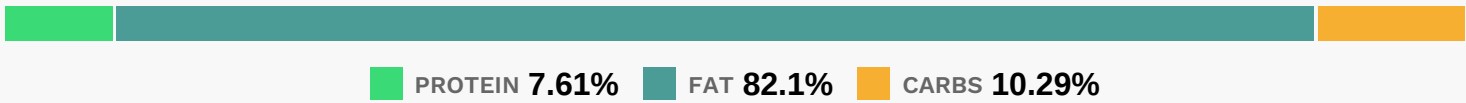
- ☐ bowl

☐ grill

Directions

- ☐ Heat grill to high. Slice zucchini lengthwise and grill, turning once, until grill marks appear, about 4 minutes.
- ☐ Let cool, then chop. In a bowl, combine zucchini with feta and oil. Season to taste with salt and pepper.
- ☐ Spread about 1/2 tsp. prepared harissa on each baguette toast and top each with about 1 tbsp. zucchini mixture.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.7117391371209%

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 Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 106.4kcal (5.32%), Fat: 9.94g (15.29%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.27g (0.82%), Sugar: 1.78g (1.98%), Cholesterol: 9.08mg (3.03%), Sodium: 393.76mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin C: 7.98mg (9.67%), Vitamin E: 1.27mg (8.5%), Vitamin B2: 0.13mg (7.48%), Vitamin K: 6.76µg (6.43%), Vitamin B6: 0.12mg (5.84%), Calcium: 57.95mg (5.8%), Phosphorus: 52.39mg (5.24%), Potassium: 130.95mg (3.74%), Manganese: 0.07mg (3.64%), Folate: 13.21µg (3.3%), Vitamin A: 162.24IU (3.24%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.43mg (2.86%), Vitamin B1: 0.04mg (2.58%), Magnesium: 9.72mg (2.43%), Selenium: 1.67µg (2.39%), Fiber: 0.54g (2.14%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.18mg (1.79%), Iron: 0.3mg (1.69%), Copper: 0.03mg (1.6%)