



Zucchini & Eggplant Bruschetta Boats

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp basil fresh chopped
- 1.5 cups italian* five cheese blend shredded kraft finely
- 1 cup cranberry-orange relish mixed red yellow chopped
- 0.5 cup tuscan house dressing italian divided kraft
- 2 small zucchini and eggplants chinese ends trimmed

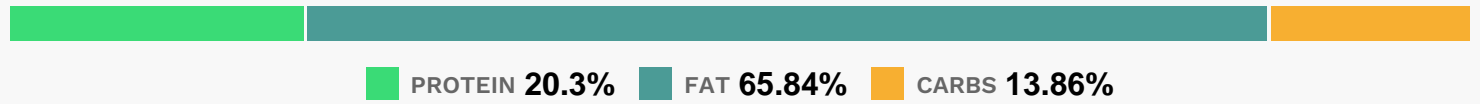
Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Toss tomatoes with 2 Tbsp. dressing.
- Cut zucchini and eggplants lengthwise in half; brush evenly with 2 Tbsp. of the remaining dressing. Grill, cut sides up, 12 min. or until tender, turning and brushing with remaining dressing after 6 min. Turn cut-sides up. Top with cheese; grill 1 min. or until melted.
- Transfer to platter.
- Add basil to tomato mixture; mix lightly. Spoon over grilled vegetables; cut in half.

Nutrition Facts



Properties

Glycemic Index:2.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.80130434943282%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 29.55kcal (1.48%), Fat: 2.27g (3.49%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.62g (0.69%), Cholesterol: 1.12mg (0.37%), Sodium: 51.32mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin K: 4.27µg (4.07%), Vitamin C: 1.95mg (2.36%), Calcium: 14.26mg (1.43%), Manganese: 0.03mg (1.3%), Potassium: 37.88mg (1.08%)