

Bruschetta

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 24 appetizers

1/2 cup salad dressing (or mayonnaise)
1 cup mozzarella cheese, grated
2 medium tomatoes, seeded and finely diced
1/4 cup pitted ripe olives, chopped
1/4 cup fresh Parmesan cheese, grated
1 teaspoon dried whole oregano
1/4 teaspoon dried sweet basil
1/2 teaspoon pepper
1 loaf baguette bread (24-27 inch)
1/3 cup hard margarine (or butter)

Bake: 15 minutes

Preheat the oven to 350 degrees.

In a small bowl, combine the salad dressing, mozzarella, tomatoes, olives, Parmesan, oregano, basil and pepper.

Cut the baguette into one-inch slices. Divide and spread margarine on one side of each slice. Place the slices, buttered-side up, on an ungreased baking sheet. Divide and spread the tomato mixture on the bread slices.

Bake for about 15 minutes until hot and the cheese is melted.

Serve warm.

Per Serving (excluding unknown items): 459 Calories; 32g Fat (61.9% calories from fat); 27g Protein; 18g Carbohydrate; 5g Dietary Fiber; 101mg Cholesterol; 789mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 4 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	459	Vitamin B6 (mg):	.3mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	15.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	32g	Folacin (mcg):	50mcg
Saturated Fat (g):	18g	Niacin (mg):	2mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	101mg
Carbohydrate (g):	18g
Dietary Fiber (g):	5g
Protein (g):	27g
Sodium (mg):	789mg
Potassium (mg):	672mg
Calcium (mg):	722mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	48mg
Vitamin A (i.u.):	2800IU
Vitamin A (r.e.):	484RE

Alcohol (kcal):	0
% Refuse:	00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3 1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 459	Calories from Fat: 284
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% Daily Values*

Total Fat 32g	50%
Saturated Fat 18g	91%
Cholesterol 101mg	34%
Sodium 789mg	33%
Total Carbohydrates 18g	6%
Dietary Fiber 5g	19%
Protein 27g	
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Vitamin A	56%
Vitamin C	80%
Calcium	72%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.