

Dutch Rusk Canapes

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-rusk-recipe>

Ingredients:

- 12 rusk number Dutch Whole Wheat
- 1 cup bell peppers chopped
- 1 cup tomatoes chopped
- 1 cup onion chopped
- 1/2 cup cheddar cheese
- 1/2 cup mozzarella cheese
- 1 teaspoon dried basil leaves
- salt
- pepper
- 1/4 cup coriander leaves chopped
- 1 teaspoon garlic grated
- salt to taste
- 1 teaspoon olive oil

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 570 milligrams
9. Sugar: 4 grams

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