



## Angel's Yummy Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon basil dried
- 1 baguette french
- 1 clove garlic chopped
- 1 pinch ground pepper black
- 8 ounces mozzarella cheese
- 1 onion minced
- 0.5 teaspoon oregano dried
- 1 pinch salt

3 tomatoes seeded chopped

## Equipment

frying pan

baking sheet

oven

mixing bowl

## Directions

In a small mixing bowl, combine tomatoes, onion, garlic, basil, oregano, and salt and pepper.

Mix well, cover, and refrigerate.

Preheat oven to 375 degrees F (190 degrees C).

Cut the loaf of French bread into 12 slices on the diagonal. Arrange the bread on a baking sheet and toast in the oven for 5 minutes, or until golden brown. Reduce the oven's temperature to 250 degrees F (120 degrees C).

Spoon equal amounts of the tomato mixture onto the toasted slices of bread. Top with slices of mozzarella.

Place the pan of bread back into the oven until the cheese has melted just slightly and is oozing over the tomatoes, approximately 2 minutes.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.23, Glycemic Load:7.52, Inflammation Score:-5, Nutrition Score:5.5739130300024%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 120.57kcal (6.03%), Fat: 4.87g (7.49%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.63g (4.23%), Sugar: 2.38g (2.64%), Cholesterol: 14.93mg (4.98%), Sodium: 252.48mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Calcium: 125.26mg (12.53%), Selenium: 6.88µg (9.83%), Phosphorus: 97.37mg (9.74%), Vitamin B1: 0.14mg (9.55%), Manganese: 0.16mg (8.14%), Vitamin A: 385.89IU (7.72%), Vitamin B2: 0.13mg (7.64%), Folate: 30.3µg (7.58%), Vitamin B12: 0.43µg (7.18%), Vitamin C: 4.97mg (6.03%), Vitamin B3: 1.17mg (5.83%), Iron: 0.98mg (5.43%), Zinc: 0.79mg (5.28%), Vitamin K: 4.78µg (4.55%), Fiber: 1.02g (4.08%), Potassium: 129.72mg (3.71%), Magnesium: 14.09mg (3.52%), Vitamin B6: 0.07mg (3.44%), Copper: 0.05mg (2.56%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.15mg (1.47%)