



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

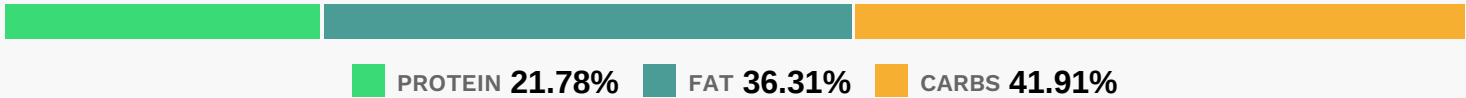
Equipment

- ☐ 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%)