



Athenian-Style Bruschetta

 Vegetarian

READY IN



20 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 loaf crusty baguette french cut into 1/2-inch-thick slices (30) (18 inch) (8 oz)
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 cup bell pepper yellow finely chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon oregano fresh chopped

- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 0.3 cup balsamic vinaigrette reduced-fat
- ☐ 0.3 cup kalamata olives pitted finely chopped
- ☐ 1 oz feta cheese crumbled
- ☐ 3 tablespoons parsley fresh finely chopped

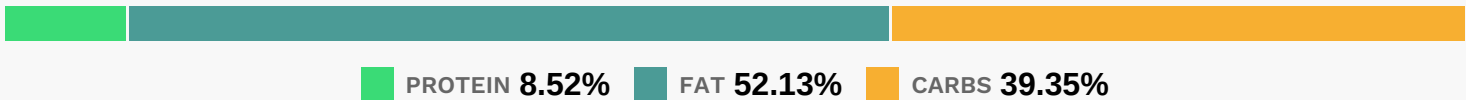
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Heat oven to 375°F. In 15x10-inch pan with sides, place bread slices in single layer. Using pastry brush, lightly brush tops of slices with about 2 tablespoons of the oil.
- ☐ Bake 8 to 10 minutes or until lightly browned and crisp.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat remaining 1 tablespoon oil over medium-high heat 1 to 2 minutes or until hot.
- ☐ Add bell peppers, onion, garlic, salt, oregano and thyme. Cook 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Transfer vegetables to medium bowl.
- ☐ Add vinaigrette and olives; stir until vegetables are coated.
- ☐ Top each bread slice with 1 teaspoon vegetable mixture.
- ☐ Sprinkle with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:8.99, Glycemic Load:2.84, Inflammation Score:-2, Nutrition Score:2.2104347580639%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 48.13kcal (2.41%), Fat: 2.8g (4.31%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.62g (0.69%), Cholesterol: 0.84mg (0.28%), Sodium: 142.62mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 8.46mg (10.25%), Vitamin K: 8.03µg (7.64%), Vitamin B1: 0.05mg (3.57%), Folate: 11.95µg (2.99%), Manganese: 0.05mg (2.61%), Vitamin A: 128.49IU (2.57%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.04mg (2.28%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.33mg (2.22%), Iron: 0.38mg (2.11%), Calcium: 16.68mg (1.67%), Vitamin B6: 0.03mg (1.45%), Fiber: 0.35g (1.41%), Phosphorus: 13.32mg (1.33%)