

STARTER & SNACK

Balsamic Bruschetta

11 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	8	\$0.81	167 kcal



You can never have too many hor d'oeuvre recipes, so give Balsamic Bruschetta a try. This recipe serves 8. For 81 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. One serving contains 167 calories, 7g of protein, and 3g of fat.

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 loaf French bread, toasted and sliced
- ☐ 2 cloves garlic, minced
- ☐ 1 teaspoon olive oil
- ☐ 8 roma (plum) tomatoes, diced
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1/3 cup chopped fresh basil
- ☐ ¼ teaspoon kosher salt
- ☐ ¼ cup shredded Parmesan cheese

EQUIPMENT Bowl

Method

- 1 In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic.
- 2 Mix in the balsamic vinegar, olive oil, kosher salt, and pepper.
- 3 Serve on toasted bread slices.

Nutrition per serving

167	7 g	3 g	29 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			4.3 g · 5% of daily needs
Sodium			427 mg · 19% of daily needs
Cholesterol			2.1 mg · 1% of daily needs
Vitamin C			8.9 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/balsamic-bruschetta-142114