



Best Ever Bruschetta!

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 olives black pitted halved
- ☐ 2 tablespoons butter
- ☐ 4 muffins split english
- ☐ 1 tablespoon basil fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon honey
- ☐ 2 teaspoons juice of lemon
- ☐ 4 slices mozzarella cheese halved

- ☐ 1 tablespoon olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 4 large tomatoes fresh peeled chopped

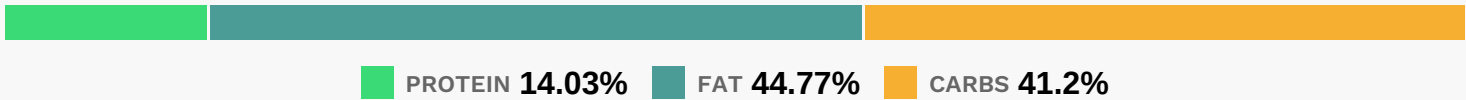
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Toast muffin halves under broiler until golden, about 2 to 3 minutes.
- ☐ Mix garlic, butter, and basil together in a small bowl; spread butter mixture evenly onto each toasted muffin half.
- ☐ Combine tomatoes, olives, and tomato paste in a large bowl; set aside.
- ☐ Whisk together the olive oil, lemon juice, and honey in a small bowl. Spoon some of the tomato mixture onto each muffin, then drizzle the olive oil mixture over the top, place a piece of mozzarella on top, and season with salt and pepper.
- ☐ Return muffins to broiler; cook until the cheese has melted, 1 to 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.41, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:7.2926087742266%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 179.09kcal (8.95%), Fat: 9.08g (13.97%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 16.69g (6.07%), Sugar: 3.57g (3.97%), Cholesterol: 18.72mg (6.24%), Sodium: 520.46mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Vitamin A: 1000.88IU (20.02%), Vitamin C: 13.93mg (16.89%), Manganese: 0.25mg (12.25%), Phosphorus: 115.13mg (11.51%), Calcium: 102.52mg (10.25%), Vitamin K: 10.16µg (9.68%), Fiber: 2.12g (8.47%), Potassium: 295.12mg (8.43%), Vitamin E: 1.1mg (7.3%), Folate: 26.13µg (6.53%), Vitamin B2: 0.11mg (6.36%), Vitamin B1: 0.1mg (6.34%), Vitamin B6: 0.12mg (5.79%), Vitamin B12: 0.34µg (5.67%), Copper: 0.11mg (5.51%), Vitamin B3: 1.09mg (5.45%), Zinc: 0.81mg (5.38%), Magnesium: 20.81mg (5.2%), Selenium: 2.81µg (4.01%), Iron: 0.69mg (3.84%), Vitamin B5: 0.25mg (2.47%)