



Black Pepper-Basil Farmer's Cheese Bruschetta with Tomato

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cherry tomatoes quartered
- ☐ 8 ounces farmer's cheese fresh
- ☐ 8 slices baguette french sliced
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.5 teaspoon coarsely ground pepper black plus more for bread and garnish
- ☐ 1 teaspoon lemon zest fresh
- ☐ 4 servings olive oil extra-virgin for drizzling

- ☐ 1 teaspoon salt plus more for bread
- ☐ 4 cloves garlic whole

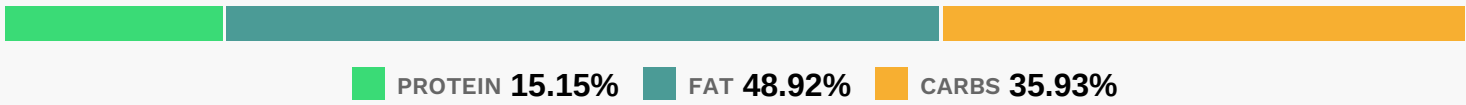
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Place cheese, basil, and lemon zest in a food processor and process until smooth.
- ☐ Add 1 teaspoon salt and 1/2 teaspoon pepper and pulse 2 times to incorporate.
- ☐ Heat grill to high.
- ☐ Brush bread with olive oil, season with salt and pepper, and rub with garlic cloves. Grill bread on each side for 1 minute or until slightly charred.
- ☐ Spread each slice with some of the farmer's cheese mixture and top with tomato and more cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:65.6, Glycemic Load:21.76, Inflammation Score:-5, Nutrition Score:10.120434875074%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 380.1kcal (19.01%), Fat: 20.58g (31.66%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 32.17g (11.7%), Sugar: 3.98g (4.42%), Cholesterol: 18.71mg (6.24%), Sodium: 632.81mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Vitamin B1: 0.4mg (26.46%), Manganese: 0.45mg (22.33%), Folate: 75.16µg (18.79%), Vitamin K: 18.05µg (17.19%), Selenium: 11.98µg (17.11%), Vitamin E: 2.41mg

(16.08%), Vitamin B3: 3.19mg (15.97%), Iron: 2.69mg (14.94%), Vitamin B2: 0.22mg (13.02%), Vitamin C: 9.61mg (11.64%), Calcium: 82.48mg (8.25%), Phosphorus: 77.79mg (7.78%), Fiber: 1.83g (7.34%), Vitamin B6: 0.14mg (6.8%), Copper: 0.12mg (6.16%), Magnesium: 22.42mg (5.6%), Potassium: 175.93mg (5.03%), Vitamin A: 247.3IU (4.95%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.32mg (3.22%)