



Black Truffle Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices baguette thick
- 3 garlic cloves
- 0.1 teaspoon truffle olive oil black
- 6 servings olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

Equipment

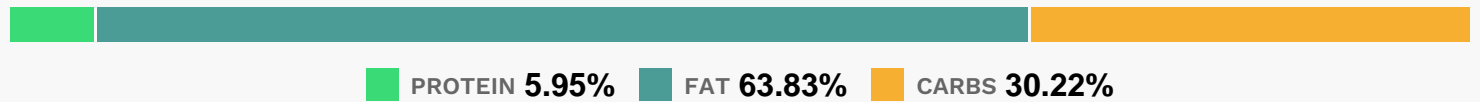
- baking sheet

- oven
- aluminum foil

Directions

- Place garlic on a piece of aluminum foil; drizzle with olive oil. Fold foil to seal.
- Bake at 400 for 30 minutes; cool and mash garlic.
- Bake bread on a baking sheet at 400 for 5 minutes.
- Sprinkle warm bread with salt and pepper.
- Spread with garlic, and brush with black truffle olive oil.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:10.71, Inflammation Score:-2, Nutrition Score:4.5239130599505%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 14.97g (23.03%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 15.22g (5.53%), Sugar: 1.52g (1.68%), Cholesterol: 0mg (0%), Sodium: 295.21mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin E: 2.12mg (14.15%), Vitamin B1: 0.19mg (12.62%), Manganese: 0.18mg (9.22%), Vitamin K: 9.6µg (9.14%), Folate: 34.3µg (8.57%), Selenium: 5.72µg (8.17%), Vitamin B3: 1.46mg (7.32%), Iron: 1.22mg (6.76%), Vitamin B2: 0.1mg (6.15%), Calcium: 36.88mg (3.69%), Phosphorus: 32.83mg (3.28%), Fiber: 0.72g (2.9%), Vitamin B6: 0.05mg (2.61%), Copper: 0.04mg (2.22%), Magnesium: 8.84mg (2.21%), Zinc: 0.27mg (1.81%), Potassium: 46.96mg (1.34%), Vitamin B5: 0.13mg (1.31%)