



## Breakfast Bruschetta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 ounces baguette french (2-inch-wide)
- 0.3 cup basil fresh chopped
- 0.5 teaspoon garlic powder
- 2 tablespoons buttery spread light
- 1 cup liquid egg substitute fat-free
- 1 plum tomatoes diced
- 4 servings salt and pepper black

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- stove
- microwave
- serrated knife
- pastry brush

## Directions

- Preheat oven to 450 degrees F.
- Put butter in a small microwave-safe bowl. Cover and microwave until melted, about 15 seconds. Set aside.
- Using a sharp serrated knife, carefully cut baguette into 16 half-inch-thick slices. (Discard the ends or reserve for another use.) Spray a large baking sheet with nonstick spray and evenly place the bread on the sheet.
- Using a pastry brush, evenly brush each slice of bread with melted butter and sprinkle with garlic powder.
- Bake in the oven until warm and crispy, about 8 minutes.
- Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat on the stove.
- Add egg substitute and scramble until it's mostly cooked, about 3 minutes.
- Add tomato and basil to the skillet and continue to scramble until fully cooked, about 1 minute.
- Evenly distribute scrambled egg mixture among the baked bread slices. If you like, season with salt and pepper. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:46.19, Glycemic Load:9.54, Inflammation Score:-6, Nutrition Score:9.8839130297951%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 3.37g (5.18%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.05g (5.47%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 530.05mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.87%), Selenium: 29.75µg (42.5%), Vitamin B2: 0.33mg (19.25%), Vitamin B1: 0.24mg (16.32%), Vitamin E: 2.24mg (14.91%), Vitamin A: 704.51IU (14.09%), Iron: 2.28mg (12.66%), Vitamin B5: 1.12mg (11.23%), Vitamin K: 11.7µg (11.14%), Folate: 43.46µg (10.86%), Manganese: 0.17mg (8.71%), Calcium: 78.4mg (7.84%), Phosphorus: 76.31mg (7.63%), Vitamin B3: 1.48mg (7.4%), Vitamin B6: 0.13mg (6.51%), Vitamin D: 0.96µg (6.4%), Potassium: 210.87mg (6.02%), Zinc: 0.86mg (5.75%), Magnesium: 19.4mg (4.85%), Vitamin B12: 0.2µg (3.4%), Fiber: 0.84g (3.36%), Vitamin C: 2.7mg (3.27%), Copper: 0.06mg (3.23%)