



Breakfast Bruschetta

READY IN



30 min.

SERVINGS



4

CALORIES



754 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bread tuscan style
- 12 eggs
- 0.8 cup basil fresh chopped
- 1 leaves basil fresh
- 2 cloves garlic chopped
- 5.5 ounces goat cheese softened
- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon

- 1 cup olive oil
- 0.8 cup parmesan grated
- 1 pepper fresh black
- 0.3 tablespoon hot sauce red hot
- 0.3 cup pinenuts
- 1.5 ounces sun-dried olives dried julienned
- 1 ounce butter sweet
- 0.3 cup water

Equipment

- bowl
- frying pan
- whisk
- blender
- spatula

Directions

- Toast the bread and keep while preparing the eggs.
- Combine the eggs, water, Tabasco and salt in a bowl and whisk until smooth. In a large non-stick omelette pan, melt the butter and add the eggs, stirring with a spatula until the eggs are gently scrambled.
- Spread the soft goat cheese equally over the slices of toast.
- Add the scrambled eggs on top of the goat cheese and cut each of the toast slices in half. Put 4 halves on each plate and garnish with sundried tomatoes, fresh basil leaves and drizzle with basil pesto.
- Combine all the ingredients, except for the olive oil, in a blender. With the blender running, slowly drizzle in the olive oil.

Nutrition Facts



■ PROTEIN 20.8% ■ FAT 60.18% ■ CARBS 19.02%

Properties

Glycemic Index:91.92, Glycemic Load:16.05, Inflammation Score:-8, Nutrition Score:35.184782774552%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 753.68kcal (37.68%), Fat: 50.84g (78.21%), Saturated Fat: 18.88g (118%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.12g (11.68%), Sugar: 8.6g (9.56%), Cholesterol: 536.96mg (178.99%), Sodium: 1702.92mg (74.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.08%), Manganese: 1.8mg (89.94%), Selenium: 62.92µg (89.89%), Phosphorus: 657.15mg (65.71%), Vitamin B2: 1.03mg (60.88%), Calcium: 448.46mg (44.85%), Iron: 6.92mg (38.47%), Copper: 0.76mg (38.04%), Vitamin K: 39.93µg (38.02%), Vitamin A: 1782.44IU (35.65%), Folate: 129.72µg (32.43%), Vitamin B5: 3.12mg (31.15%), Vitamin E: 4.16mg (27.71%), Vitamin B1: 0.41mg (27.37%), Zinc: 3.98mg (26.57%), Magnesium: 99.35mg (24.84%), Vitamin B12: 1.49µg (24.77%), Vitamin B3: 4.84mg (24.21%), Vitamin B6: 0.47mg (23.67%), Potassium: 732.21mg (20.92%), Vitamin D: 2.89µg (19.26%), Fiber: 4.04g (16.15%), Vitamin C: 7.22mg (8.75%)