



Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons herbs fresh chopped (rosemary, thyme, parsley, or sage)
- 2 garlic cloves minced
- 3 tablespoons olive oil
- 6 servings pepper freshly ground to taste
- 6 servings sea salt to taste
- 6 slices sourdough bread

Equipment

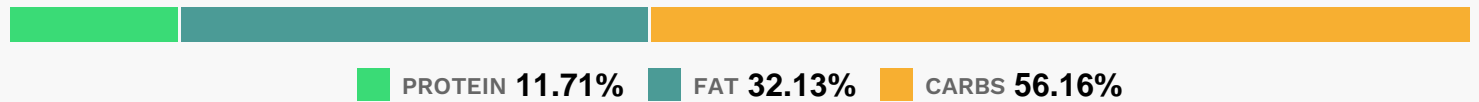
- oven

- grill
- grill pan

Directions

- Preheat oven to 40
- Combine olive oil and garlic, and brush onto 1 side of each slice of bread.
- Sprinkle with herbs, sea salt, and pepper, pressing into bread to adhere.
- Grill bread 2 minutes on each side on a heated grill pan until lightly toasted, or bake directly on middle oven rack at 400 for 10 to 12 minutes.
- Serve with clam chowder or topped with thin slices of fresh mozzarella and chopped, marinated sun-dried tomatoes.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:25.72, Inflammation Score:-4, Nutrition Score:9.5952174663544%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 238.18kcal (11.91%), Fat: 8.57g (13.18%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 32.2g (11.71%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 580.15mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Vitamin B1: 0.46mg (30.51%), Selenium: 18.45µg (26.36%), Vitamin K: 26.71µg (25.44%), Folate: 80.79µg (20.2%), Manganese: 0.37mg (18.37%), Vitamin B2: 0.28mg (16.23%), Vitamin B3: 3.11mg (15.55%), Iron: 2.65mg (14.74%), Vitamin E: 1.15mg (7.69%), Phosphorus: 69.66mg (6.97%), Fiber: 1.5g (5.99%), Magnesium: 21.57mg (5.39%), Copper: 0.1mg (5.19%), Zinc: 0.69mg (4.62%), Vitamin B6: 0.08mg (4.12%), Calcium: 37.56mg (3.76%), Vitamin C: 2.09mg (2.53%), Potassium: 87.72mg (2.51%), Vitamin B5: 0.23mg (2.26%), Vitamin A: 112.96IU (2.26%)