



Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons capers drained
- 3 tablespoons basil fresh chopped
- 2 garlic clove finely chopped
- 12 slices bread crumbs italian
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1.5 cups tomatoes chopped
- 0.3 cup vegetable oil

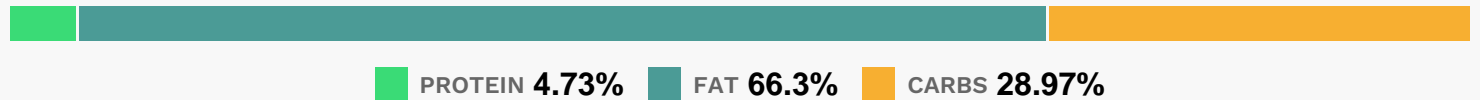
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Place bread slices on ungreased cookie sheet.
- Drizzle 1 teaspoon oil on each slice bread.
- Bake about 8 minutes or until golden brown.
- While bread is toasting, mix remaining ingredients. Spoon tomato mixture onto bread slices.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.3326086894326%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 156.48kcal (7.82%), Fat: 11.66g (17.94%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.46g (3.8%), Sugar: 6.68g (7.42%), Cholesterol: 0mg (0%), Sodium: 209.07mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 12.37µg (11.78%), Vitamin B3: 1.03mg (5.14%), Folate: 16.07µg (4.02%), Fiber: 1.01g (4.02%), Vitamin A: 183.86IU (3.68%), Vitamin C: 2.86mg (3.46%), Vitamin E: 0.49mg (3.26%), Iron: 0.53mg (2.93%), Potassium: 92.68mg (2.65%), Vitamin B1: 0.04mg (2.43%), Manganese: 0.05mg (2.36%), Magnesium: 6.48mg (1.62%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 13.18mg (1.32%), Vitamin B6: 0.02mg (1.12%), Copper: 0.02mg (1.03%)