



Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces diagonally bread italian cut ()
- ☐ 1 garlic clove halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons olive oil extra-virgin

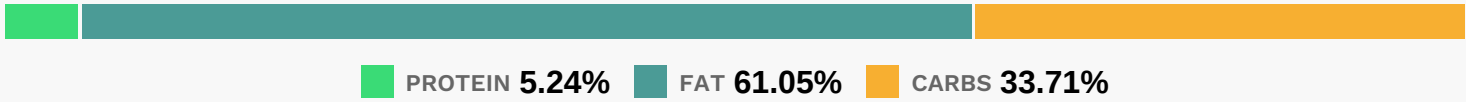
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place bread slices on grill rack coated with cooking spray, and cook 2 minutes on each side or until lightly browned.
- ☐ Remove from grill.
- ☐ Rub cut sides of garlic over one side of each bread slice, and brush with oil; sprinkle with salt.
- ☐ Garnish with parsley sprigs, if desired.
- ☐ Note: Broil bread slices 2 minutes on each side instead of grilling, if desired.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3495652030991%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.43kcal (8.82%), Fat: 12.01g (18.48%), Saturated Fat: 5.72g (35.75%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.92g (5.06%), Sugar: 8.76g (9.74%), Cholesterol: 0mg (0%), Sodium: 177.95mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin B3: 1.28mg (6.39%), Folate: 17.87µg (4.47%), Fiber: 1g (4%), Iron: 0.61mg (3.41%), Vitamin B1: 0.04mg (2.7%), Vitamin E: 0.29mg (1.92%), Potassium: 63.06mg (1.8%), Vitamin B2: 0.03mg (1.53%), Magnesium: 4.91mg (1.23%), Vitamin K: 1.21µg (1.15%), Phosphorus: 11.06mg (1.11%)