



Bruschetta A La Maille®



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 leaves basil chopped
- ☐ 4 slices ciabatta bread french
- ☐ 2 cloves garlic halved lengthwise
- ☐ 2 tomatoes diced italian
- ☐ 2 tablespoons mustard old style maille®
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 onion diced

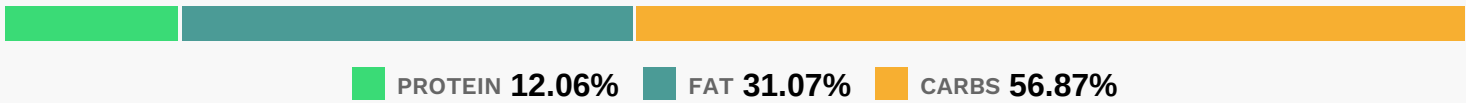
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Toast the bread in the oven. Rub the bread with the garlic and top with a drizzle of olive oil. In a bowl, stir tomatoes, onion and Maille® Old Style mustard.
- ☐ Spread preparation on the slices of toasted bread.
- ☐ Add olive oil, salt and pepper, and garnish with chopped basil.

Nutrition Facts



Properties

Glycemic Index:69.38, Glycemic Load:26.37, Inflammation Score:-6, Nutrition Score:10.648695603661%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 253.96kcal (12.7%), Fat: 8.89g (13.68%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 34.24g (12.45%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 470.3mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Vitamin B1: 0.49mg (32.64%), Selenium: 21.14µg (30.2%), Manganese: 0.45mg (22.53%), Folate: 86.89µg (21.72%), Vitamin B2: 0.29mg (17.05%), Vitamin B3: 3.34mg (16.71%), Iron: 2.81mg (15.64%), Fiber: 2.38g (9.5%), Vitamin E: 1.34mg (8.96%), Phosphorus: 89.3mg (8.93%), Vitamin K: 9.38µg (8.93%), Magnesium: 29.56mg (7.39%), Vitamin C: 5.85mg (7.09%), Vitamin B6: 0.13mg (6.72%), Copper: 0.13mg (6.64%), Vitamin A: 290.34IU (5.81%), Zinc: 0.81mg (5.41%), Potassium: 187.24mg (5.35%), Calcium: 47.94mg (4.79%), Vitamin B5: 0.29mg (2.91%)