



Bruschetta Caprese

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings olives black pitted
- 4 servings bread good
- 1 oz frangelico
- 4 servings cherry tomatoes
- 4 servings olive oil extra virgin
- 4 servings basil fresh
- 1 large garlic clove
- 4 servings oregano dried

4 servings salt

Equipment

bowl

grill

Directions

Grill the bread, then immediately rub the garlic over one side and drizzle with half the extra virgin olive oil.

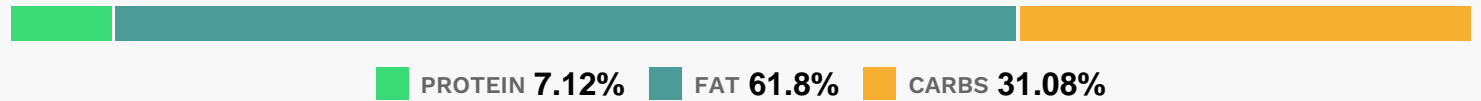
Combine the tomatoes, mozzarella, olives, oregano and salt in a bowl. Divide between the grilled bread, drizzle with the remaining olive oil and top with basil leaves.

Serve. Try these other bruschetta recipes on Food Republic: [Fresh Tomato Bruschetta With Basil Recipe](#)

[Goat Cheese & Strawberry Bruschetta Recipe](#)

[Cherry Hazelnut Bruschetta Dessert Recipe](#)

Nutrition Facts



Properties

Glycemic Index: 40.92, Glycemic Load: 7.24, Inflammation Score: -9, Nutrition Score: 12.506521795107%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 260.35kcal (13.02%), Fat: 18.55g (28.54%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 17.7g (6.44%), Sugar: 5.45g (6.06%), Cholesterol: 0mg (0%), Sodium: 655.25mg (28.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin C: 34.42mg (41.72%), Manganese: 0.58mg (28.75%), Vitamin K: 28.75µg (27.38%), Vitamin E: 3.86mg (25.73%), Vitamin A: 925.46IU (18.51%), Iron: 2.64mg (14.65%), Fiber: 3.29g (13.15%), Selenium: 9.14µg (13.06%), Vitamin B3: 2.47mg (12.35%), Folate: 47.39µg

(11.85%), Vitamin B1: 0.18mg (11.77%), Potassium: 392.21mg (11.21%), Copper: 0.19mg (9.64%), Vitamin B6: 0.18mg (8.85%), Calcium: 82.81mg (8.28%), Phosphorus: 82.11mg (8.21%), Magnesium: 31.17mg (7.79%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.56mg (3.72%)