



## Bruschetta Con Pomodori



Vegetarian



Vegan



Dairy Free

READY IN



77 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 slices country bread italian 1/
- ☐ 8 servings cayenne pepper to taste
- ☐ 8 basil leaves fresh
- ☐ 2 cloves garlic halved
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 6 small but tomatoes diced firm ripe halved seeded finely

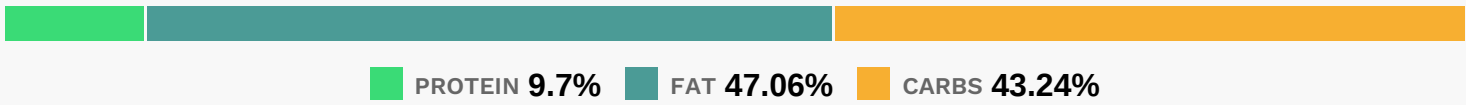
# Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

# Directions

- ☐ In a bowl, combine the olive oil, tomatoes, minced garlic, basil, cayenne, and salt. Set aside for at least 60 minutes to marinate.
- ☐ Preheat an outdoor grill or grill pan to medium heat.
- ☐ Grill the bread until it is browned on both sides, about 2 minutes per side. While still warm, rub each side with the cut garlic. Divide the tomato mixture on top of each bread slice. Arrange on a platter and serve.

# Nutrition Facts



# Properties

Glycemic Index:32.33, Glycemic Load:8.17, Inflammation Score:-8, Nutrition Score:8.7656522108161%

# Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

# Nutrients (% of daily need)

Calories: 157.36kcal (7.87%), Fat: 8.51g (13.09%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 15.07g (5.48%), Sugar: 3.62g (4.02%), Cholesterol: 0mg (0%), Sodium: 209.53mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin A: 1422.52IU (28.45%), Manganese: 0.48mg (24.07%), Vitamin C: 11.47mg (13.91%), Vitamin K: 14.12µg (13.45%), Vitamin E: 1.99mg (13.3%), Selenium: 8.45µg (12.08%), Vitamin B3: 2.16mg (10.79%), Fiber: 2.52g (10.08%), Vitamin B1: 0.15mg (10%), Folate: 36.47µg (9.12%), Iron: 1.42mg (7.92%), Vitamin B6: 0.15mg (7.69%), Potassium: 248.79mg (7.11%), Vitamin B2: 0.1mg (6.11%), Phosphorus: 60.88mg (6.09%), Magnesium: 22.66mg (5.67%), Calcium: 48.32mg (4.83%), Copper: 0.1mg (4.76%), Zinc: 0.48mg

(3.18%), Vitamin B5: 0.3mg (3%)