



Bruschetta Cubana

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves pressed
- ☐ 4 garlic cloves pressed
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 large onion diced sweet
- ☐ 3 large tomatoes seeded chopped
- ☐ 2 tablespoons vinegar white
- ☐ 9 inch cuban french soft

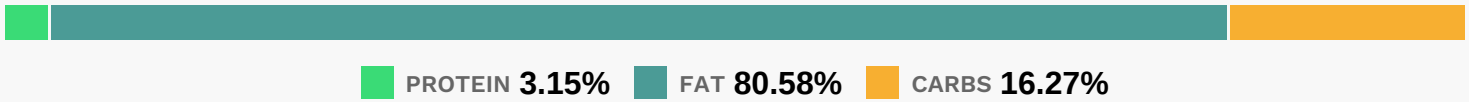
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Combine first 8 ingredients in a medium bowl; chill.
- ☐ Flatten each bread slice with a spatula or rolling pin.
- ☐ Combine garlic and butter in a small bowl, and spread evenly over each side of bread slices.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add flattened bread, in batches. Top with a smaller skillet or press down with a spatula to flatten bread a little more; cook 2 minutes on each side or until golden brown. Repeat procedure with remaining flattened bread slices. Spoon tomato mixture evenly over each bread slice.
- ☐ Sprinkle with cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:3.7734782708728%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 134.42kcal (6.72%), Fat: 12.42g (19.1%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 4.7g (1.71%), Sugar: 2.7g (3.01%), Cholesterol: 20.34mg (6.78%), Sodium: 174.83mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin A: 642.99IU (12.86%), Vitamin C: 8.22mg (9.96%), Vitamin K: 8.28µg (7.88%), Vitamin E: 1.14mg (7.63%), Manganese: 0.14mg (6.85%), Vitamin B6: 0.1mg (4.92%), Potassium: 161.1mg (4.6%), Folate: 16.1µg (4.03%), Fiber: 0.94g (3.75%), Vitamin B1: 0.05mg (3.2%), Iron: 0.56mg (3.13%), Copper: 0.06mg (2.77%), Phosphorus: 27.38mg (2.74%), Magnesium: 10.2mg (2.55%), Vitamin B3: 0.43mg (2.17%), Calcium: 20.46mg (2.05%), Vitamin B2: 0.03mg (1.72%), Selenium: 1.06µg (1.52%), Zinc: 0.18mg (1.21%)