



Bruschetta Di Formaggio

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bread baguette french cut into 24 slices
- 3 large cloves garlic minced
- 0.3 cup olive oil
- 2 Tbsp oregano fresh chopped
- 6 plum tomatoes chopped
- 8 oz polly-o milk mozzarella cheese whole cut into 24 thin slices

Equipment

- baking sheet

broiler

Directions

- Heat broiler.
- Mix oil and garlic.
- Brush both sides of bread slices lightly with oil mixture.
- Place on baking sheet. Broil 1 to 2 min. on each side or until lightly toasted on both sides.
- Cover each toast slice with 1 cheese slice; top evenly with tomatoes.
- Broil, 4 inches from heat, 1 to 2 min. or until cheese is melted.
- Sprinkle with oregano.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:7.5, Inflammation Score:-5, Nutrition Score:4.1686956331782%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 99.94kcal (5%), Fat: 4.68g (7.19%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.83g (3.58%), Sugar: 1.34g (1.49%), Cholesterol: 7.17mg (2.39%), Sodium: 167.05mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Selenium: 6.8µg (9.71%), Vitamin B1: 0.14mg (9.23%), Manganese: 0.14mg (7.04%), Folate: 26.14µg (6.54%), Vitamin B2: 0.11mg (6.38%), Calcium: 63.8mg (6.38%), Phosphorus: 55.88mg (5.59%), Iron: 0.95mg (5.31%), Vitamin K: 5.3µg (5.05%), Vitamin B3: 0.99mg (4.97%), Vitamin A: 192.11IU (3.84%), Vitamin E: 0.52mg (3.47%), Vitamin B12: 0.21µg (3.45%), Zinc: 0.49mg (3.29%), Fiber: 0.76g (3.02%), Vitamin C: 2.16mg (2.62%), Magnesium: 10.43mg (2.61%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (2.05%), Potassium: 69.89mg (2%)