



## Bruschetta II

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon basil fresh chopped
- 10 slices bread italian
- 2.5 teaspoons olive oil
- 4 vine-ripened tomatoes

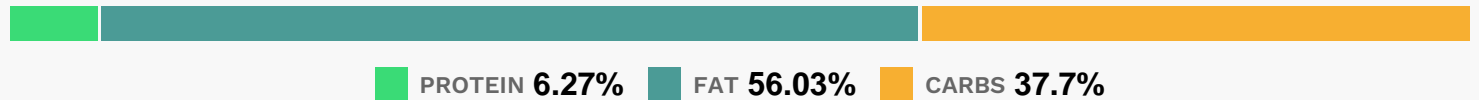
## Equipment

- baking sheet
- mixing bowl
- broiler

## Directions

- Preheat broiler.
- Cover a medium sized baking sheet with a single layer of bread slices.
- Brush the slices with olive oil.
- Dice the tomatoes. In a mixing bowl, combine the tomatoes, olive oil and basil.
- Mix for two minutes.
- Place bread under broiler until lightly browned.
- Remove from broiler and top with the tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:10.8, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:2.7826086956522%

## Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 129.3kcal (6.46%), Fat: 8.16g (12.55%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.06g (4.02%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 76.68mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin A: 410.36IU (8.21%), Vitamin C: 6.74mg (8.17%), Vitamin B3: 1.19mg (5.96%), Fiber: 1.29g (5.16%), Folate: 19.99µg (5%), Potassium: 160.04mg (4.57%), Vitamin K: 4.53µg (4.31%), Iron: 0.56mg (3.1%), Vitamin B1: 0.05mg (3.08%), Manganese: 0.06mg (2.81%), Vitamin E: 0.41mg (2.73%), Magnesium: 8.82mg (2.2%), Vitamin B6: 0.04mg (1.97%), Phosphorus: 19.21mg (1.92%), Vitamin B2: 0.03mg (1.61%), Copper: 0.03mg (1.45%)