

Bruschetta III

 Vegetarian

READY IN



12 min.

SERVINGS



6

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette french
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 pinch ground pepper white
- ☐ 8 ounce mozzarella cheese sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 6 ounce provolone cheese sliced

☐ 2 roma tomatoes thinly sliced (plum)

Equipment

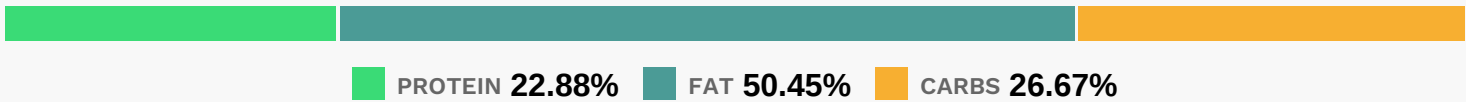
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Slice the baguette into 1/2 inch thick diagonal slices. Arrange the slices in a single layer on a baking sheet.
- ☐ Brush both sides of each slice with the olive oil.
- ☐ Place tomato slices and a sprinkling of basil and oregano on the bread slices.
- ☐ Sprinkle the tomatoes, basil and oregano with the garlic powder and white pepper. Cover the tomato slices with slices of the mozzarella and provolone.
- ☐ Place more basil, oregano and tomato slices on top of the cheese.
- ☐ Bake in the preheated oven for 7 to 10 minutes, or until the cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:14.38, Inflammation Score:-8, Nutrition Score:13.073913159578%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 349.21kcal (17.46%), Fat: 19.54g (30.07%), Saturated Fat: 10.39g (64.93%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.71g (7.9%), Sugar: 3.09g (3.44%), Cholesterol: 49.42mg (16.47%), Sodium: 702.21mg (30.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.89%), Calcium: 465.43mg (46.54%), Phosphorus: 322.52mg (32.25%), Selenium: 17.86µg (25.52%), Vitamin B12: 1.28µg (21.26%), Vitamin B2: 0.34mg (20.06%), Vitamin B1: 0.27mg (18.04%), Zinc: 2.42mg (16.16%), Vitamin A: 708.91IU (14.18%), Manganese: 0.28mg

(14.14%), Folate: 55.6µg (13.9%), Iron: 2.17mg (12.06%), Vitamin K: 12.35µg (11.76%), Vitamin B3: 2.14mg (10.72%),
Magnesium: 31.48mg (7.87%), Fiber: 1.54g (6.14%), Vitamin E: 0.86mg (5.76%), Vitamin B6: 0.11mg (5.6%),
Potassium: 185.99mg (5.31%), Copper: 0.08mg (4.18%), Vitamin B5: 0.38mg (3.76%), Vitamin C: 2.92mg (3.54%),
Vitamin D: 0.29µg (1.95%)