



Bruschetta Pomodoro



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon balsamic vinegar
- ☐ 5 inch diagonally bread baguette french toasted cut
- ☐ 1.5 teaspoons capers
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons kalamata olives chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 pound plum tomatoes minced

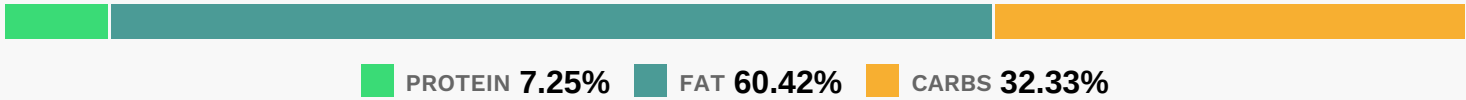
- ☐ 1 tablespoon onion red chopped
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Combine all the ingredients except French bread; cover and let stand 30 minutes.
- ☐ Drain the tomato mixture. Top each bread slice with 1 tablespoon of tomato mixture.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:1.7426086975181%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 24.99kcal (1.25%), Fat: 1.78g (2.73%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 99.22mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin A: 300.82IU (6.02%), Vitamin C: 4.79mg (5.8%), Vitamin K: 4.56µg (4.35%), Manganese: 0.06mg (3.06%), Vitamin E: 0.45mg (3.02%), Potassium: 85.76mg (2.45%), Fiber: 0.55g (2.19%), Folate: 6.63µg (1.66%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.28mg (1.41%), Copper: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.25%), Magnesium: 4.83mg (1.21%), Phosphorus: 10.36mg (1.04%)