



Bruschetta with Basil, Tomato and Feta

 Vegetarian

READY IN



25 min.

SERVINGS



36

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp basil chopped
- 1 Tbsp olives black chopped
- 16 oz bread baguette french cut into 36 slices
- 4 oz athenos feta cheese crumbled traditional
- 2 Tbsp oil divided
- 0.3 tsp pepper
- 2.5 cups plum tomatoes chopped
- 0.5 cup onions red finely chopped

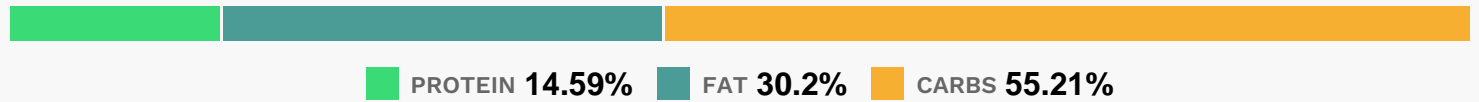
Equipment

broiler

Directions

- Heat broiler.
- Broil bread slices 2 to 3 min. on each side or until lightly toasted on both sides.
- Brush evenly with 1 Tbsp. oil.
- Combine remaining ingredients with remaining oil.
- Spoon onto toast slices just before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:5.29, Inflammation Score:-2, Nutrition Score:2.7791304283816%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 53.78kcal (2.69%), Fat: 1.83g (2.82%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.01g (2.55%), Sugar: 1.1g (1.23%), Cholesterol: 2.8mg (0.93%), Sodium: 116.15mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin B1: 0.1mg (6.77%), Selenium: 4.09µg (5.84%), Vitamin B2: 0.08mg (4.97%), Folate: 19.64µg (4.91%), Manganese: 0.09mg (4.71%), Vitamin B3: 0.74mg (3.71%), Vitamin A: 169.61IU (3.39%), Vitamin K: 3.48µg (3.32%), Iron: 0.58mg (3.2%), Vitamin C: 2.48mg (3%), Phosphorus: 28.66mg (2.87%), Calcium: 25.03mg (2.5%), Vitamin B6: 0.04mg (2.16%), Fiber: 0.53g (2.11%), Vitamin E: 0.27mg (1.79%), Magnesium: 6.93mg (1.73%), Potassium: 60.19mg (1.72%), Zinc: 0.26mg (1.71%), Copper: 0.03mg (1.63%)