



Bruschetta with Peppers and Gorgonzola

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 servings baguette
- ☐ 18 servings pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons basil leaves fresh julienned
- ☐ 3 ounces creamy gorgonzola blue at room temperature
- ☐ 18 servings kosher salt
- ☐ 18 servings olive oil good
- ☐ 1 bell pepper red seeded sliced into thin strips

- ☐ 0.5 teaspoon sugar
- ☐ 1 bell pepper yellow seeded sliced into thin strips

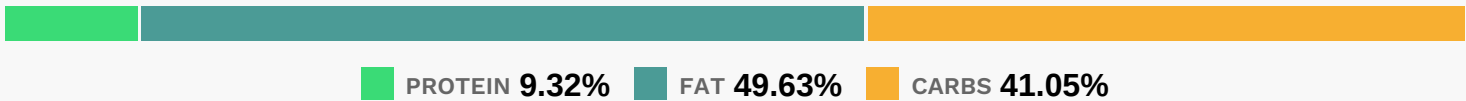
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat 2 tablespoons of olive oil in a medium saute pan over medium-high heat.
- ☐ Add the peppers and cook until soft, about 12 to 15 minutes.
- ☐ Sprinkle with the sugar and continue cooking for 2 more minutes. Stir in the capers and basil, and season, to taste, with salt and pepper. Set aside.
- ☐ Slice the baguette crosswise into 18 thin round slices.
- ☐ Brush the bread rounds lightly with olive oil on 1 side. Arrange them in rows, oil side up, on a sheet pan lined with parchment paper and toast in the oven until lightly browned, about 7 to 10 minutes.
- ☐ Top each toast round with a teaspoonful of the pepper mixture.
- ☐ Place 2 small pieces of Gorgonzola on top. Return the toast to the oven for 1 to 2 minutes and warm through.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:21.33, Inflammation Score:-5, Nutrition Score:9.9295652262543%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 310.54kcal (15.53%), Fat: 17.15g (26.38%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 30.33g (11.03%), Sugar: 3.42g (3.8%), Cholesterol: 3.54mg (1.18%), Sodium: 656.66mg (28.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin B1: 0.38mg (25.3%), Vitamin C: 20.65mg (25.03%), Folate: 75.21µg (18.8%), Selenium: 11.73µg (16.76%), Manganese: 0.33mg (16.43%), Vitamin E: 2.32mg (15.5%), Vitamin B3: 3.08mg (15.42%), Vitamin B2: 0.23mg (13.63%), Iron: 2.39mg (13.25%), Vitamin K: 11.98µg (11.41%), Calcium: 94.61mg (9.46%), Phosphorus: 82.72mg (8.27%), Fiber: 1.59g (6.34%), Vitamin A: 269.15IU (5.38%), Vitamin B6: 0.11mg (5.27%), Magnesium: 19.78mg (4.94%), Copper: 0.09mg (4.58%), Zinc: 0.66mg (4.43%), Vitamin B5: 0.36mg (3.58%), Potassium: 121.77mg (3.48%)