



## Bruschetta with Peppers and Pepperoni

 Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 5 oz baby arugula
- ☐ 8 slices country bread 1-inch-thick
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 4 ounces pepperoni diced
- ☐ 2 bell peppers red seeded chopped

### Equipment

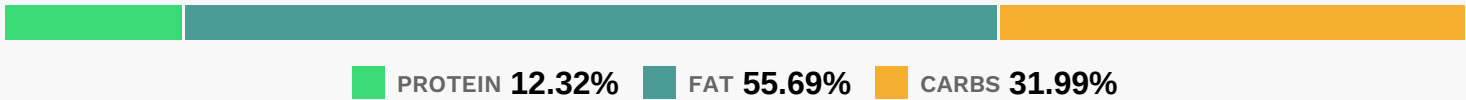
- ☐ frying pan

- ☐ oven
- ☐ toaster

## Directions

- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, until softened, about 3 minutes.
- ☐ Add peppers and saut until softened, 5 to 7 minutes.
- ☐ Add pepperoni and cook, stirring, for 1 minute.
- ☐ While pepper mixture is cooking, lightly toast bread slices in toaster oven.
- ☐ Stir arugula into pepper mixture until it just begins to wilt slightly. Pile pepper mixture on top of bread slices and serve.

## Nutrition Facts



## Properties

Glycemic Index:17.77, Glycemic Load:6.37, Inflammation Score:-7, Nutrition Score:9.7891305840534%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

## Nutrients (% of daily need)

Calories: 169.79kcal (8.49%), Fat: 10.64g (16.37%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 11.94g (4.34%), Sugar: 3.04g (3.38%), Cholesterol: 11mg (3.67%), Sodium: 290.42mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin C: 33.45mg (40.54%), Vitamin A: 1082.21IU (21.64%), Manganese: 0.42mg (21.04%), Vitamin K: 20.94µg (19.95%), Selenium: 9.86µg (14.09%), Folate: 46.39µg (11.6%), Vitamin B3: 2.11mg (10.54%), Vitamin B1: 0.15mg (9.8%), Vitamin E: 1.2mg (8.02%), Vitamin B6: 0.16mg (7.94%), Iron: 1.31mg (7.3%), Fiber: 1.81g (7.24%), Vitamin B2: 0.12mg (7.12%), Phosphorus: 63.56mg (6.36%), Calcium: 57.07mg (5.71%), Magnesium: 21.84mg (5.46%), Potassium: 181.28mg (5.18%), Vitamin B5: 0.47mg (4.69%), Zinc: 0.65mg (4.36%), Copper: 0.06mg (3.13%), Vitamin B12: 0.15µg (2.46%)