

Bruschetta with Roasted Sweet Red Peppers



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 teaspoons balsamic vinegar
- 1 cup basil fresh chopped
- 1 cup basil fresh chopped
- 3 cloves garlic chopped
- 16 ounces bread crumbs italian
- 2 tablespoons olive oil
- 16 ounce roasted peppers sweet red
- 1 tomatoes seeded chopped

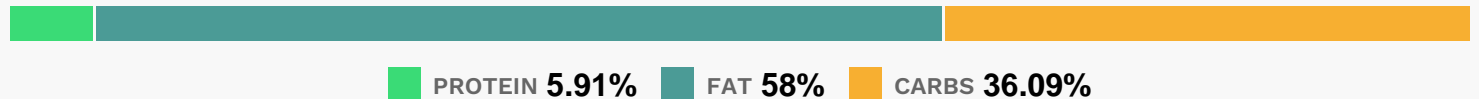
Equipment

- bowl
- oven
- broiler
- broiler pan

Directions

- Preheat your oven's broiler.
- Slice bread loaf into 1-inch thick portions.
- Brush each slice on one side with olive oil. Broil, oil-side up, until barely golden.
- Remove from broiler pan and cool.
- In a medium bowl, mix together roasted pepper, garlic, tomato, basil, and onion.
- Sprinkle mixture evenly on each toast portion.
- Drizzle with balsamic vinegar.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:5.5186956693297%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 243.33kcal (12.17%), Fat: 15.84g (24.37%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 20.19g (7.34%), Sugar: 12.16g (13.51%), Cholesterol: 0mg (0%), Sodium: 658.84mg (28.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Vitamin C: 19.93mg (24.16%), Vitamin K: 18.83µg

(17.93%), Vitamin B3: 2.01mg (10.06%), Vitamin A: 493.01IU (9.86%), Folate: 34.14µg (8.54%), Fiber: 1.98g (7.92%), Iron: 1.29mg (7.14%), Manganese: 0.13mg (6.61%), Potassium: 177.74mg (5.08%), Vitamin B1: 0.07mg (4.6%), Vitamin B6: 0.09mg (4.55%), Copper: 0.07mg (3.66%), Magnesium: 14.61mg (3.65%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.42mg (2.83%), Phosphorus: 27.63mg (2.76%), Calcium: 25.32mg (2.53%), Zinc: 0.2mg (1.35%)