



Bruschetta with Rosemary, Roasted Plum Tomatoes, Ricotta and Prosciutto



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



110 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons rosemary leaves fresh finely chopped
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 pounds plum tomatoes quartered

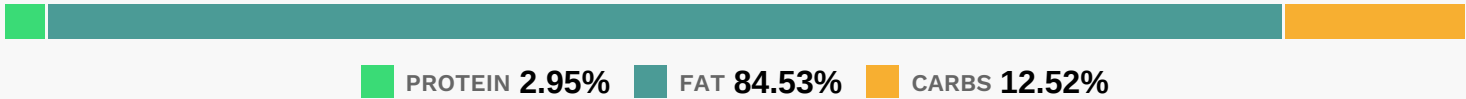
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Stir 6 tablespoons oil, garlic, rosemary, 1 teaspoon coarse salt, and 1 teaspoon pepper in large bowl to blend.
- ☐ Add tomato quarters and stir to coat.
- ☐ Let stand 5 minutes. Line rimmed baking sheet with foil. Lift tomatoes from marinade and arrange, cut side down, on prepared baking sheet (reserve marinade for toasts).
- ☐ Roast tomatoes until skin is browned and blistered and tomatoes are very tender, about 35 minutes. Cool tomatoes on sheet. Maintain oven temperature.
- ☐ Meanwhile, arrange bread slices on another rimmed baking sheet.
- ☐ Brush top of each with reserved marinade (including garlic and rosemary bits).
- ☐ Roast bread until top is golden, 10 to 12 minutes. Cool toasts on sheet.
- ☐ Spread 1 tablespoon ricotta cheese on each toast; sprinkle with pepper. Fold prosciutto halves over and place on ricotta. Arrange 2 tomato quarters atop prosciutto.
- ☐ Whisk lemon juice and remaining 1 teaspoon oil in medium bowl to blend; season with salt and pepper.
- ☐ Add microgreens and toss to coat. Top bruschetta with microgreens. Arrange on platter and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:5.9395652973781%

Flavonoids

Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 145.89kcal (7.29%), Fat: 14.26g (21.94%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.25g (1.18%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 394.51mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 21.57µg (20.54%), Vitamin A: 1026.5IU (20.53%), Vitamin C: 16.04mg (19.45%), Vitamin E: 2.65mg (17.64%), Manganese: 0.18mg (9.19%), Potassium: 285.93mg (8.17%), Fiber: 1.5g (6.01%), Folate: 20.34µg (5.08%), Vitamin B6: 0.09mg (4.71%), Copper: 0.07mg (3.71%), Magnesium: 14.65mg (3.66%), Vitamin B3: 0.69mg (3.44%), Phosphorus: 29.5mg (2.95%), Vitamin B1: 0.04mg (2.92%), Iron: 0.47mg (2.62%), Calcium: 18.64mg (1.86%), Vitamin B2: 0.03mg (1.47%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.2%)