



Bruschetta with Shallots

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground to taste
- 0.3 cup olive oil extra virgin
- 1 cup basil leaves fresh chopped
- 3 cloves garlic cut into slivers
- 1 pound bread italian cut into 1/2 inch slices
- 1 teaspoon juice of lemon fresh
- 12 roma tomatoes chopped (plum)
- 8 servings salt to taste

2 tablespoons shallots minced

Equipment

bowl

sauce pan

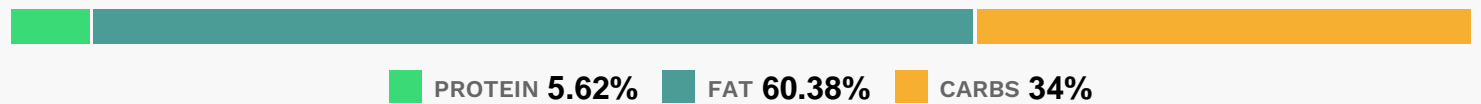
Directions

In a large bowl, toss together the roma tomatoes, minced garlic, shallots, basil, lemon juice, salt, pepper and 1/3 cup olive oil.

Place the slivered garlic and 1/4 cup olive oil in small saucepan over medium heat. Slowly cook and stir 2 to 3 minutes. Discard garlic.

Toast the bread slices, and brush with the olive oil heated with garlic. Top slices with the roma tomato mixture.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:7.6565217207307%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 397.35kcal (19.87%), Fat: 26.98g (41.51%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 30.91g (11.24%), Sugar: 20.2g (22.44%), Cholesterol: 0mg (0%), Sodium: 409.57mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 24.06µg (22.92%), Vitamin A: 933.73IU (18.67%), Vitamin C: 14.07mg (17.06%), Vitamin B3: 3.15mg (15.73%), Folate: 52.74µg (13.18%), Fiber: 3.28g (13.12%), Potassium: 367.24mg (10.49%), Vitamin E: 1.5mg (10.01%), Iron: 1.64mg (9.09%), Manganese: 0.18mg (8.99%), Vitamin B1: 0.12mg (7.92%), Magnesium: 22.81mg (5.7%), Vitamin B6: 0.1mg (5.11%), Phosphorus: 48.41mg (4.84%),

Vitamin B2: 0.07mg (4.29%), Copper: 0.07mg (3.68%), Zinc: 0.32mg (2.14%), Calcium: 18.24mg (1.82%), Vitamin B5: 0.11mg (1.05%)