



Bruschetta with Tomato and Basil



Vegetarian



Vegan



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 lbs tomatoes ripe
- ☐ 2 teaspoons garlic minced
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 1 teaspoon balsamic vinegar
- ☐ 6 basil leaves fresh chopped
- ☐ 0.8 teaspoon sea salt to taste
- ☐ 0.5 teaspoon pepper black freshly ground to taste
- ☐ 1 similar bread french italian

☐ 60 ml olive oil

Equipment

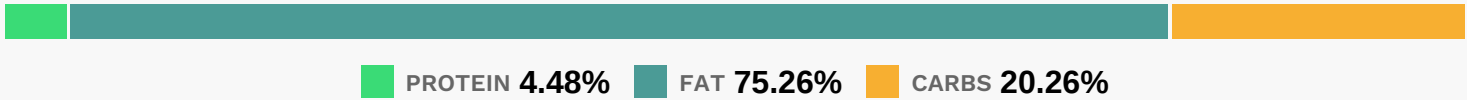
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ slotted spoon
- ☐ pastry brush
- ☐ bread knife

Directions

- ☐ Blanch and peel the tomatoes: Bring 2 quarts of water to a boil. As the water is heating make shallow cuts in a cross pattern at the tip ends of the tomatoes (this will make the tomatoes easier to peel).
- ☐ Once the water is boiling, remove the pot from the heat.
- ☐ Put the tomatoes in the hot water and blanch for 1 minute.
- ☐ Remove with a slotted spoon and let sit until cool enough to handle. Then gently peel off the tomato skins.
- ☐ Cut out the stem base with a paring knife.
- ☐ Cut the tomatoes into halves or quarters and squeeze out most of the juices and seeds.
- ☐ Preheat oven to 450°F (230°C) with a rack in the top slot of the oven.
- ☐ Chop tomatoes, toss them with garlic, olive oil, vinegar, basil, salt and pepper: Finely chop the tomatoes and place them in a medium bowl.
- ☐ Mix in the minced garlic, 1 Tbsp extra virgin olive oil, and the balsamic vinegar.
- ☐ Stir in the thinly sliced basil and add salt and freshly ground black pepper, adding more to taste. Note, tomatoes love salt; you may need to add more than you expect.

- ☐ Toast the baguette slices: Use a bread knife to slice the baguette on the diagonal making half-inch thick slices.
- ☐ Brush one side of each slice with olive oil (a pastry brush helps here) and place olive oil-side down on a baking sheet or roasting pan.
- ☐ The baguette slices will toast best in the top rack of your oven, so you may need to work in batches to toast them all.
- ☐ When the oven has reached 450°F (230°C) place the slices in the oven on the top rack and toast for 5 to 6 minutes until lightly browned around the edges.
- ☐ If you want you can toast the bread slices without coating them first in olive oil. Toast them until lightly browned on both sides. Then cut a clove of garlic in half and rub over one side of the toast. Then brush with olive oil. (See Easiest Ever Garlic Bread.)
- ☐ Serve toasted bread with tomato mixture: Arrange the toasted bread on a platter, olive oil side facing up (the olive oil will help create a temporary barrier keeping the bread from getting soggy from the chopped tomatoes).
- ☐ Either serve the toasts plain with a bowl of the tomato bruschetta mixture on the side for people to top their own, or use a spoon to gently top each toasted bread slice with some of the tomato mixture. If you top each slice individually, do it right before serving.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:6.1313043366308%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 137.27kcal (6.86%), Fat: 11.91g (18.33%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.39g (3.76%), Cholesterol: 0mg (0%), Sodium: 319.07mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin A: 966.8IU (19.34%), Vitamin C: 15.93mg (19.31%), Vitamin K: 18.04µg (17.18%), Vitamin E: 2.28mg (15.18%), Manganese: 0.23mg (11.47%), Potassium: 283.85mg (8.11%),

Fiber: 1.62g (6.47%), Vitamin B6: 0.11mg (5.47%), Folate: 21.31µg (5.33%), Vitamin B3: 0.95mg (4.73%), Vitamin B1: 0.06mg (4.23%), Copper: 0.08mg (4.05%), Magnesium: 15.29mg (3.82%), Phosphorus: 35.41mg (3.54%), Iron: 0.59mg (3.29%), Selenium: 1.5µg (2.14%), Calcium: 20.95mg (2.09%), Vitamin B2: 0.04mg (2.06%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.15mg (1.48%)