



## Bruschetta with Tomato and Garlic

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon balsamic vinegar
- 4 inch bread french
- 0.5 teaspoon basil dried fresh finely chopped
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper
- 1 teaspoon olive oil
- 1.3 cups plum tomatoes chopped ( 3)
- 0.3 teaspoon sugar

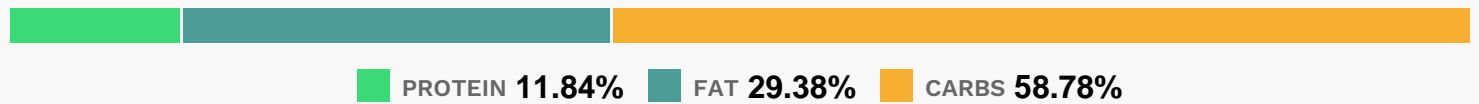
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Place bread slices on an ungreased baking sheet; brush bread slices evenly with olive oil.
- Bake at 500 for 3 to 4 minutes or until lightly browned.
- While bread bakes, combine tomato and remaining 5 ingredients in a small bowl; stir well. Spoon mixture evenly over toasted bread slices.

## Nutrition Facts



## Properties

Glycemic Index:42.94, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:2.1869565015254%

## Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 20.04kcal (1%), Fat: 0.7g (1.08%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 11.31mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 6.19mg (7.5%), Vitamin A: 352.96IU (7.06%), Vitamin K: 5.06µg (4.81%), Manganese: 0.09mg (4.72%), Potassium: 110.62mg (3.16%), Vitamin B6: 0.05mg (2.62%), Fiber: 0.61g (2.44%), Vitamin E: 0.32mg (2.15%), Folate: 8.39µg (2.1%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.68%), Vitamin B3: 0.33mg (1.67%), Magnesium: 6.15mg (1.54%), Iron: 0.27mg (1.51%), Phosphorus: 14.07mg (1.41%)