



## Bruschetta with Warm Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 2.5 cups cherry tomatoes
- 3 tablespoons basil fresh thinly sliced
- 1 garlic clove halved
- 1 garlic clove minced
- 2 teaspoons olive oil
- 0.3 teaspoon sea salt

- 2 tablespoons shallots finely chopped
- 4 ounce sourdough bread

## Equipment

- frying pan
- grill pan

## Directions

- Combine first 8 ingredients, and let stand 1 hour.
- Heat a medium nonstick skillet over medium heat. Coat pan with cooking spray.
- Add tomato mixture, and cook 10 minutes or until thoroughly heated, stirring occasionally.
- Remove from heat.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add bread; cook 2 minutes on each side or until toasted. Rub 1 side of each toast piece with the cut sides of garlic clove halves.
- Serve tomato mixture over toast.

## Nutrition Facts



## Properties

Glycemic Index:80.63, Glycemic Load:11.73, Inflammation Score:-6, Nutrition Score:8.0947826219642%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 2.81g (4.33%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.41g (6.69%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 327.29mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin C: 22.37mg (27.12%), Vitamin B1: 0.24mg (16.09%), Manganese: 0.31mg (15.6%), Selenium: 8.85µg (12.65%), Folate: 49.75µg (12.44%), Vitamin A: 535.18IU

(10.7%), Iron: 1.9mg (10.53%), Vitamin K: 10.4µg (9.91%), Vitamin B3: 1.9mg (9.48%), Vitamin B2: 0.15mg (8.56%), Potassium: 264.55mg (7.56%), Vitamin B6: 0.14mg (7.11%), Copper: 0.13mg (6.43%), Phosphorus: 62.14mg (6.21%), Fiber: 1.51g (6.03%), Vitamin E: 0.88mg (5.9%), Magnesium: 19.99mg (5%), Calcium: 32.68mg (3.27%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.24mg (2.42%)