



## Caramelized Tomato Bruschetta

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 oz slender baguette
- ☐ 1 pt cherry tomatoes halved
- ☐ 1 cup basil leaves fresh
- ☐ 0.3 tsp kosher salt and pepper
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.8 cup whole-milk ricotta cheese

## Equipment

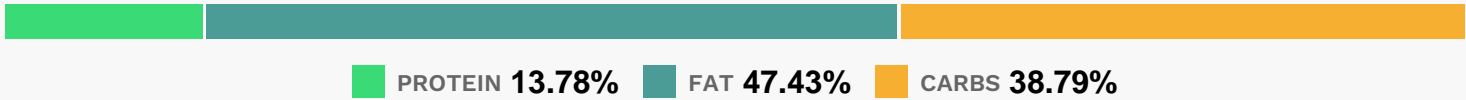
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ spatula
- ☐ tongs

## Directions

- ☐ Heat a grill to medium (350 to 450).
- ☐ Cut 18 thin diagonal slices from baguette, angling knife so each slice is 3 to 4 in. long. Save remaining bread for another use. Set baguette slices on a tray and brush all over with about 1 tbsp. oil.
- ☐ Arrange bread on cooking grate and grill with lid down, turning once with tongs, until browned, 1 to 3 minutes total.
- ☐ Transfer to a platter.
- ☐ Heat a large cast-iron skillet or other oven-proof frying pan on cooking grate, with lid down, until water dances when sprinkled on skillet, 8 to 10 minutes.
- ☐ Add 1 1/2 tbsp. oil and spread with a heatproof brush.
- ☐ Pour tomato halves into pan, then quickly turn with tongs so all are cut side down.
- ☐ Sprinkle with 1/4 tsp. each salt and pepper. Cook with grill lid down, without stirring, until juices evaporate and tomatoes are blackened on cut side, 10 to 15 minutes. Gently loosen tomatoes from pan with a wide metal spatula as theyre done and transfer to a bowl.
- ☐ Spoon ricotta into a bowl and drizzle remaining 1/2 tbsp. oil on top. Put basil in another bowl. Set out toasts with tomatoes, ricotta, basil, salt, and pepper so people can build and season their own bruschettas.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:12.76, Inflammation Score:-6, Nutrition Score:10.170434885699%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 228.84kcal (11.44%), Fat: 12.17g (18.72%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 20.98g (7.63%), Sugar: 3.83g (4.26%), Cholesterol: 15.81mg (5.27%), Sodium: 365.51mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin K: 24.5µg (23.33%), Vitamin C: 18.7mg (22.67%), Vitamin B1: 0.25mg (16.92%), Selenium: 11.4µg (16.29%), Manganese: 0.31mg (15.31%), Vitamin A: 734.59IU (14.69%), Folate: 57.14µg (14.28%), Calcium: 119.74mg (11.97%), Vitamin B2: 0.2mg (11.89%), Iron: 2.13mg (11.81%), Vitamin B3: 2.2mg (11.02%), Phosphorus: 109.21mg (10.92%), Vitamin E: 1.63mg (10.84%), Potassium: 263.23mg (7.52%), Copper: 0.13mg (6.34%), Vitamin B6: 0.12mg (6.06%), Magnesium: 22.9mg (5.72%), Fiber: 1.41g (5.64%), Zinc: 0.8mg (5.34%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.11µg (1.76%)