



## Charred Tomato Bruschetta

READY IN



28 min.

SERVINGS



20

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons julienne-cut basil fresh
- ☐ 10 inch diagonally cut bread french
- ☐ 3 garlic cloves halved
- ☐ 1.5 tablespoons olive oil divided
- ☐ 2 ounces parmesan cheese fresh shaved
- ☐ 1.3 pounds plum tomatoes
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 teaspoon salt

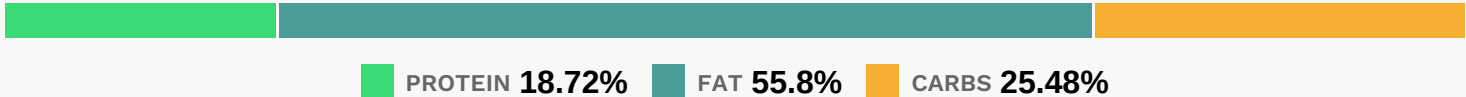
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

# Directions

- ☐ Preheat broiler.
- ☐ Slice tomatoes crosswise into 1/4-inchthick rounds.
- ☐ Place tomato on a foil-lined baking sheet coated with cooking spray.
- ☐ Brush tomato with 1 tablespoon oil; sprinkle with salt. Broil 19 minutes or until tomato begins to char.
- ☐ Place tomato in a bowl; toss with basil and vinegar, breaking up tomato slightly with a spoon (mixture should be chunky).
- ☐ Place bread slices on a baking sheet.
- ☐ Brush 1 side of bread slices with 1 1/2 teaspoons oil. Broil 1 to 2 minutes on each side or until lightly toasted.
- ☐ Remove from oven and rub oiled side of slices with garlic halves.
- ☐ Spoon tomato mixture on prepared side of bread slices and top with curls of shaved Parmesan cheese.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:11.18, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:1.87260870182%

# Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 29.74kcal (1.49%), Fat: 1.9g (2.92%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.85g (0.94%), Cholesterol: 1.93mg (0.64%), Sodium: 82.03mg (3.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 268.91IU (5.38%), Vitamin C: 4.06mg (4.93%), Calcium: 39.2mg (3.92%), Vitamin K: 3.82µg (3.64%), Manganese: 0.06mg (2.9%), Phosphorus: 28.94mg (2.89%), Potassium: 74.1mg (2.12%), Vitamin E: 0.31mg (2.1%), Vitamin B6: 0.03mg (1.63%), Fiber: 0.4g (1.61%), Selenium: 1.07µg (1.53%), Folate: 5.68µg (1.42%), Magnesium: 5.14mg (1.28%), Vitamin B3: 0.25mg (1.26%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.1%), Copper: 0.02mg (1.08%)