



Cheesy Bruschetta

 Vegetarian

READY IN



16 min.

SERVINGS



16

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp basil leaves dried
- 2 cloves garlic minced
- 1 Tbsp olive oil
- 0.1 tsp salt and pepper
- 4 milk mozzarella singles 2% kraft
- 4 slices sourdough bread
- 1 large tomatoes ripe seeded finely chopped

Equipment

baking sheet

Directions

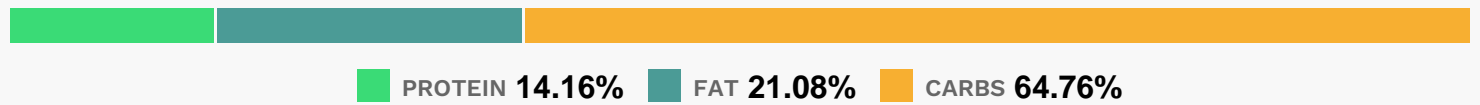
Mix tomato, garlic, oil, basil, salt and pepper.

Place bread on cookie sheet. Broil 2 to 3 minutes or until lightly toasted.

Spoon tomato mixture on toasted bread; top with 2% Milk Singles. Broil 2 to 3 minutes or until 2% Milk Singles begin to melt.

Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:2.6539130512139%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 54.42kcal (2.72%), Fat: 1.29g (1.99%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.39g (3.05%), Sugar: 1.05g (1.16%), Cholesterol: 0.05mg (0.01%), Sodium: 117.06mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin B1: 0.12mg (7.91%), Selenium: 4.68µg (6.68%), Manganese: 0.11mg (5.58%), Folate: 21.69µg (5.42%), Vitamin B2: 0.07mg (4.28%), Vitamin B3: 0.85mg (4.23%), Iron: 0.75mg (4.15%), Vitamin K: 3.05µg (2.9%), Phosphorus: 21.98mg (2.2%), Fiber: 0.53g (2.14%), Vitamin C: 1.68mg (2.03%), Vitamin A: 96.64IU (1.93%), Magnesium: 7.17mg (1.79%), Copper: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.23mg (1.54%), Calcium: 14.52mg (1.45%), Potassium: 49.76mg (1.42%), Zinc: 0.21mg (1.37%)