



Chopped Salad Bruschetta

READY IN



20 min.

SERVINGS



12

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices bread french (1/)
- 2 tablespoons olive oil
- 1 clove garlic finely chopped
- 0.8 cup tomatoes diced seeded
- 2 tablespoons pimientos green sliced
- 2 tablespoons olives ripe sliced
- 2 tablespoons bell pepper diced
- 2 tablespoons spring onion sliced
- 1 tablespoon salad dressing italian

- 4 large basil fresh thinly sliced
- 0.3 cup parmesan shredded

Equipment

- bowl
- baking sheet
- oven
- slotted spoon

Directions

- Heat oven to 375°F. On ungreased cookie sheet, arrange bread slices. In small bowl, mix oil and garlic; brush on bread.
- Bake 8 to 10 minutes or until dry and toasted. Set aside to cool.
- In medium bowl, mix remaining ingredients except basil and cheese. With slotted spoon, spoon tomato mixture evenly on toasts. Top with basil and cheese.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:25.82, Inflammation Score:-5, Nutrition Score:9.3334783357771%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 211.11kcal (10.56%), Fat: 4.91g (7.55%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 32.56g (11.84%), Sugar: 3.53g (3.92%), Cholesterol: 1.42mg (0.47%), Sodium: 452.25mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.69%), Vitamin B1: 0.46mg (30.78%), Selenium: 18.86µg (26.94%), Folate: 81.93µg (20.48%), Manganese: 0.36mg (17.91%), Vitamin B2: 0.29mg (16.85%), Vitamin B3: 3.19mg (15.96%), Iron: 2.65mg (14.72%), Phosphorus: 85.88mg (8.59%), Vitamin C: 6.15mg (7.46%), Fiber: 1.69g (6.75%),

Calcium: 61.44mg (6.14%), Vitamin K: 6.25µg (5.96%), Magnesium: 23.33mg (5.83%), Copper: 0.11mg (5.46%), Zinc: 0.76mg (5.05%), Vitamin B6: 0.09mg (4.7%), Vitamin A: 231.44IU (4.63%), Vitamin E: 0.65mg (4.36%), Potassium: 112.68mg (3.22%), Vitamin B5: 0.24mg (2.39%)