



Classic Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon olive oil extravirgin
- 3 garlic cloves halved
- 6 ounces bread italian cut into 6 slices
- 0.5 teaspoon oregano dried
- 0.3 teaspoon salt

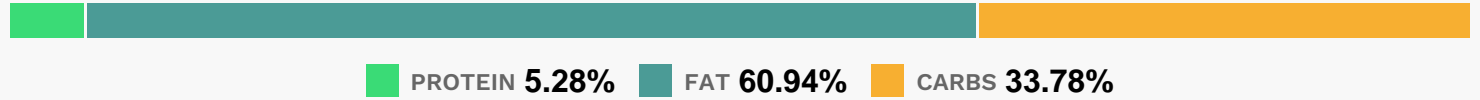
Equipment

- frying pan
- grill pan

Directions

- Heat a grill pan over medium-high heat.
- Place the bread slices in pan; cook for 2 minutes on each side or until lightly browned. Rub 1 side of each toast slice with the cut sides of garlic cloves. Discard garlic.
- Drizzle bread with olive oil, and sprinkle with dried oregano and salt.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.6708695371838%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.49kcal (9.07%), Fat: 12.36g (19.01%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.32g (5.21%), Sugar: 8.78g (9.76%), Cholesterol: 0mg (0%), Sodium: 202.42mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Vitamin B3: 1.29mg (6.47%), Folate: 18.3µg (4.58%), Fiber: 1.09g (4.38%), Iron: 0.7mg (3.87%), Vitamin B1: 0.04mg (2.87%), Vitamin E: 0.37mg (2.45%), Vitamin K: 2.47µg (2.35%), Potassium: 69.68mg (1.99%), Manganese: 0.03mg (1.68%), Vitamin B2: 0.03mg (1.65%), Magnesium: 5.65mg (1.41%), Phosphorus: 13.03mg (1.3%), Vitamin B6: 0.02mg (1.02%)