



Cook the Book: Bruschetta Alla Romana

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



753 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 crusty baguette toasted
- ☐ 8 servings pepper black freshly ground
- ☐ 4 butter softened ()
- ☐ 2 egg yolk
- ☐ 2 juice of lemon fresh
- ☐ 8 ounces mozzarella cheese cut into 8 slices
- ☐ 0.3 teaspoons pepper red

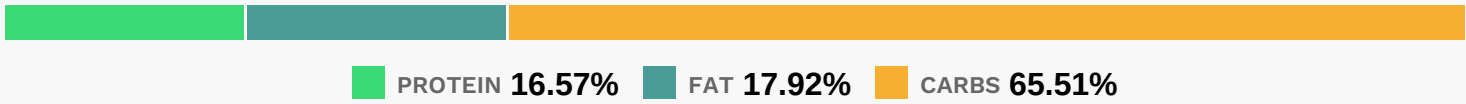
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ toaster

Directions

- ☐ In a blender, combine the egg yolks, olive oil, red pepper flakes, anchovies, butter, and lemon juice. Puree to a smooth consistency.
- ☐ Arrange the toasts on a baking tray, and top each one with a slice of mozzarella. Under a broiler or in a toaster oven, grill the cheese until it melts and bubbles.
- ☐ Remove the tray from the broiler and transfer the toasts to a serving platter. Spoon the anchovy sauce over each bruschetta, and finish with freshly ground black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:82.69, Inflammation Score:-8, Nutrition Score:29.735652239426%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 752.7kcal (37.64%), Fat: 14.79g (22.75%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 121.65g (40.55%), Net Carbohydrates: 116.33g (42.3%), Sugar: 12.24g (13.6%), Cholesterol: 72.07mg (24.02%), Sodium: 1729.25mg (75.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.77g (61.55%), Vitamin B1: 1.47mg (98.23%), Selenium: 50.37µg (71.96%), Folate: 277.6µg (69.4%), Manganese: 1.19mg (59.28%), Vitamin B3: 11.4mg (56.98%), Vitamin B2: 0.91mg (53.44%), Iron: 8.9mg (49.44%), Calcium: 412.69mg (41.27%), Phosphorus: 356.47mg (35.65%), Fiber: 5.32g (21.28%), Zinc: 2.91mg (19.43%), Magnesium: 71.62mg (17.9%), Copper: 0.31mg (15.61%), Vitamin B6:

0.29mg (14.57%), Vitamin B12: 0.74µg (12.25%), Vitamin B5: 1.13mg (11.32%), Potassium: 346.84mg (9.91%), Vitamin K: 8.45µg (8.05%), Vitamin E: 0.94mg (6.28%), Vitamin A: 288.56IU (5.77%), Vitamin C: 2.9mg (3.52%), Vitamin D: 0.36µg (2.38%)