

STARTER & SNACK

Crispy Tomato-Caper Bruschetta

8 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
13 min	8 min	5 min	12	\$2.01	121 kcal

Crispy Tomato-Caper Bruschetta requires approximately 13 minutes from start to finish. Watching your figure? This dairy free, lacto ovo vegetarian, and vegan recipe has 121 calories, 5g of protein, and 2g of fat per serving.

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 ounces 12 (1/4-inch-thick) slices French bread (about
- ☐ 1 garlic clove, halved
- ☐ 96 (1/8-inch-thick) slices plum tomato (about 4)
- ☐ 2 tablespoons capers, rinsed
- ☐ 2 fresh basil leaves
- ☐ 1 tablespoon olive oil

EQUIPMENT Frying pan, Baking sheet, Broiler

Method

- 1

Heat oil in a skillet over medium-high heat.
- 2

Add capers, and saut 3 minutes.
- 3

Preheat broiler.
- 4

Rub garlic halves on both sides of bread slices. Coat each side of bread slices with cooking spray. Arrange bread slices on a large ungreased baking sheet; broil 40 seconds on each side or until toasted.
- 5

To serve, top each bread slice with 1 basil leaf, 2 slices tomato, and 1/2 teaspoon capers.

6 Drizzle evenly with balsamic vinegar.

Nutrition per serving

121	5 g	2 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			6.2 g · 25% of daily needs
Sugar			13.6 g · 15% of daily needs
Sodium			105 mg · 5% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			68.1 mg · 83% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/crispy-tomato-caper-bruschetta-148635