



Crostini

 Vegetarian

READY IN



23 min.

SERVINGS



12

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices bread crumbs italian
- 0.3 cup vegetable oil
- 1 cup tomatoes chopped
- 3 tablespoons basil fresh chopped
- 1 tablespoon olives ripe chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 12 ounce mozzarella cheese

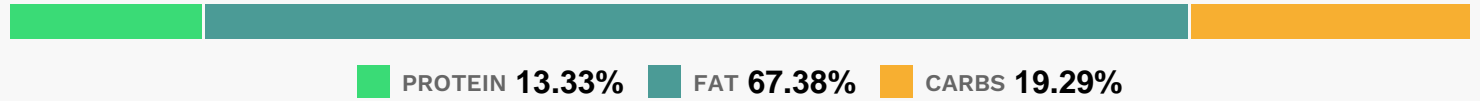
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375°F.
- Place bread slices on ungreased cookie sheet.
- Drizzle 1 teaspoon oil over each bread slice.
- Mix tomato, basil, capers, salt and pepper.
- Spread half of the tomato mixture over bread slices; top each with cheese slice.
- Spread remaining tomato mixture over cheese.
- Bake about 8 minutes or until bread is hot and cheese is melted.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:4.7234782498816%

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: 240.32kcal (12.02%), Fat: 18.07g (27.8%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.74g (3.9%), Sugar: 6.8g (7.56%), Cholesterol: 22.4mg (7.47%), Sodium: 359.9mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Calcium: 146.07mg (14.61%), Vitamin K: 12.21µg (11.62%), Phosphorus: 111.18mg (11.12%), Vitamin B12: 0.65µg (10.77%), Selenium: 4.83µg (6.9%), Vitamin A: 324.52IU (6.49%), Zinc: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.95%), Vitamin B3: 1.01mg (5.05%), Folate: 16.82µg (4.21%), Fiber: 0.9g (3.6%), Vitamin E: 0.52mg (3.48%), Iron: 0.61mg (3.37%), Potassium: 97.26mg (2.78%), Vitamin B1:

0.04mg (2.77%), Magnesium: 10.97mg (2.74%), Vitamin C: 1.79mg (2.17%), Manganese: 0.04mg (1.96%), Vitamin B6:
0.02mg (1.08%)