



Double Tomato Bruschetta



Vegetarian



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 baguette french
- ☐ 0.3 cup basil fresh
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 6 roma tomatoes chopped (plum)
- ☐ 0.3 teaspoon salt

- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.5 cup sun-dried tomatoes packed in oil

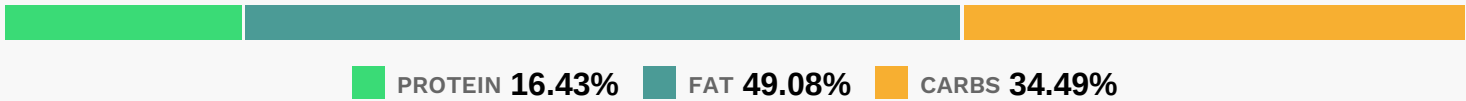
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven on broiler setting.
- ☐ In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
- ☐ Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- ☐ Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
- ☐ Broil for 5 minutes, or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:8.21, Inflammation Score:-5, Nutrition Score:7.2647826256959%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 170.83kcal (8.54%), Fat: 9.45g (14.53%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 13.53g (4.92%), Sugar: 4.12g (4.57%), Cholesterol: 14.75mg (4.92%), Sodium: 301.55mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Calcium: 127.51mg (12.75%), Manganese: 0.25mg (12.47%), Phosphorus: 111.63mg (11.16%), Vitamin B1: 0.16mg (10.95%), Selenium: 7.12µg (10.17%), Vitamin K: 10.34µg (9.85%), Vitamin A: 451.15IU (9.02%), Vitamin B2: 0.15mg (8.78%), Potassium: 278.78mg (7.97%), Folate: 31.73µg (7.93%), Vitamin B3: 1.57mg (7.87%), Vitamin C: 6.37mg (7.72%), Iron: 1.38mg (7.66%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 0.92mg (6.11%), Copper: 0.12mg (5.8%), Zinc: 0.87mg (5.79%), Fiber: 1.41g (5.63%), Magnesium: 22.35mg (5.59%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.23mg (2.34%)