



Fantastic Fennel Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons fennel seed
- 20 ounce bread french sliced
- 0.3 cup basil fresh minced
- 2 cloves garlic minced
- 0.3 cup olive oil extra-virgin for brushing
- 0.5 large bermuda onion diced sweet
- 20 servings salt and pepper to taste
- 6 large tomatoes diced

Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, mix together the tomatoes, onion, garlic, fennel seed, basil, 1/3 cup olive oil, salt, and pepper. Chill for at least 1 hour to blend the flavors.
- Preheat oven to 350 degrees F (175 degrees C).
- Brush both sides of bread slices with some of the 1/4 cup of olive oil; place slices onto a baking sheet. Toast the bread until golden brown and crunchy on the outside, about 3 minutes per side. To serve, spoon the tomato mixture onto the toasted bruschetta and arrange on a serving platter.

Nutrition Facts

PROTEIN 12.6% **FAT 27.46%** **CARBS 59.94%**

Properties

Glycemic Index:12.27, Glycemic Load:12.01, Inflammation Score:-5, Nutrition Score:6.1843478575997%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 114.4kcal (5.72%), Fat: 3.57g (5.49%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 16g (5.82%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 367.85mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin B1: 0.23mg (15.05%), Manganese: 0.26mg (12.76%), Selenium: 8.17µg (11.67%), Folate: 44.05µg (11.01%), Vitamin C: 8.02mg (9.72%), Vitamin A: 476.63IU (9.53%), Vitamin B3: 1.73mg (8.64%), Vitamin B2: 0.13mg (7.92%), Iron: 1.38mg (7.68%), Vitamin K: 7.82µg (7.45%), Fiber: 1.53g (6.14%), Potassium: 178.12mg (5.09%), Vitamin E: 0.75mg (4.98%), Phosphorus: 46.83mg (4.68%), Magnesium: 17.52mg (4.38%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (4.21%), Zinc: 0.42mg (2.79%), Calcium: 27.84mg

(2.78%), Vitamin B5: 0.15mg (1.51%)