



Fiery Summer Bruschetta with Zesty Olive Spread and Spicy Candied Bacon

READY IN



40 min.

SERVINGS



4

CALORIES



1027 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon thick cut halved
- 4 tablespoons chiffonade basil leaves fresh
- 0.3 cup baby mozzarella balls
- 2 tablespoons capers
- 1 tablespoon cayenne pepper to taste
- 1 pint heirloom cherry tomatoes halved
- 1 corn on cob fresh sweet white
- 1 tablespoon dijon mustard

- 3 tablespoons basil leaves fresh chopped
- 2 cloves garlic
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 1 lime zest juiced
- 1 mangos diced peeled
- 0.3 cup maple syrup
- 0.3 cup olive oil
- 0.5 cup olive oil as needed plus more
- 0.5 cup manzanella olives
- 0.5 cup cerignola olives black pitted (can substitute olives)
- 1 bell pepper red coarsely chopped
- 1 jalapeño red seeded coarsely chopped
- 0.5 onion diced red finely
- 1 tablespoon pepper flakes red to taste
- 4 tablespoons red wine vinegar
- 4 servings salt and pepper black freshly ground
- 1 shallots coarsely chopped
- 1 loaf sourdough bread cut into 8 slices (not precut bread)

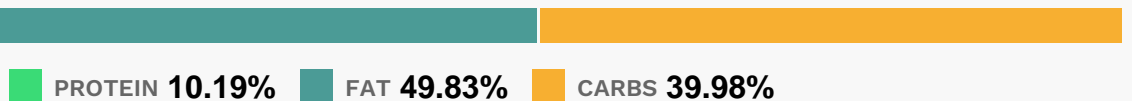
Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- whisk

Directions

- Preheat the oven to 425 degrees F.
- Put a baking rack over a parchment paper lined tray and arrange the bacon slices across the rack – do not overlap. In small bowl combine the syrup and cayenne and brush the bacon generously with the mixture. Put in the oven and bake until cooked through, about 15 to 20 minutes. Set aside until ready to use.
- In a large bowl, add the vinegar, honey, Dijon and lime zest and juice and whisk to combine. While whisking, slowly drizzle in the olive oil to make a dressing.
- Add the remaining ingredients and stir to combine. Season with salt and pepper, to taste. Set aside until ready to use.
- In large saute pan, add the olive oil, cayenne and garlic. When the garlic has browned, remove it and discard.
- Add the bread slices, in batches if necessary, and cook until browned on both sides. You may need to add more olive oil to the pan if the bread soaks up too much.
- Remove to sheet tray and set aside until ready to plate the dish.
- For the Zesty Olive
- Add all the ingredients to a food processor and pulse until pureed and smooth. Check for seasoning and set aside until ready to use.
- Put 2 pieces of bread on each plate.
- Spread the zesty olive spread on top of the bread.
- Lay 1 piece of bacon on each bread slice and top with the summer salad. Repeat with remaining bread and toppings.

Nutrition Facts



Properties

Glycemic Index:163.26, Glycemic Load:57.85, Inflammation Score:-10, Nutrition Score:40.401304737381%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 8.29mg, Hesperetin: 8.29mg,

Hesperetin: 8.29mg, Hesperetin: 8.29mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

Nutrients (% of daily need)

Calories: 1026.68kcal (51.33%), Fat: 58.22g (89.57%), Saturated Fat: 14.19g (88.71%), Carbohydrates: 105.1g (35.03%), Net Carbohydrates: 96.33g (35.03%), Sugar: 36.58g (40.64%), Cholesterol: 49.77mg (16.59%), Sodium: 1898.66mg (82.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Vitamin C: 102.1mg (123.75%), Vitamin B1: 1.17mg (78.12%), Manganese: 1.5mg (75.13%), Vitamin A: 3620.5IU (72.41%), Selenium: 50.58µg (72.26%), Vitamin B2: 0.94mg (55.32%), Folate: 215.07µg (53.77%), Vitamin B3: 10.67mg (53.33%), Vitamin E: 7.46mg (49.74%), Iron: 7.2mg (40%), Vitamin B6: 0.75mg (37.69%), Vitamin K: 39.22µg (37.35%), Fiber: 8.76g (35.05%), Phosphorus: 324.86mg (32.49%), Potassium: 977.73mg (27.94%), Copper: 0.5mg (24.94%), Magnesium: 96.97mg (24.24%), Zinc: 2.87mg (19.12%), Calcium: 180.64mg (18.06%), Vitamin B5: 1.44mg (14.35%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.29µg (1.92%)