



## Fire Roasted Tomato and Olive Bruschetta

 Vegetarian

READY IN



20 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 0.3 cup kalamata olives pitted quartered
- 0.3 cup roasted peppers red drained coarsely chopped (from a jar)
- 2 tablespoons basil fresh chopped
- 1 tablespoon olive oil extra virgin extra-virgin
- 4 oz goat cheese soft
- 8 oz crusty baguette toasted (1/)

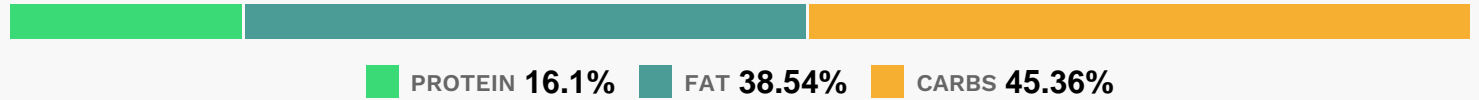
### Equipment

bowl

## Directions

- In medium bowl, mix tomatoes, olives, roasted peppers, basil and oil.
- Spread goat cheese onto toasted baguette slices. Top with tomato mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.91, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:1.7204347926637%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 48.38kcal (2.42%), Fat: 2.06g (3.17%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.89g (0.99%), Cholesterol: 2.17mg (0.72%), Sodium: 144.09mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin B1: 0.06mg (3.93%), Iron: 0.54mg (2.97%), Vitamin B2: 0.05mg (2.88%), Vitamin A: 139.22IU (2.78%), Folate: 11.07µg (2.77%), Manganese: 0.05mg (2.64%), Selenium: 1.78µg (2.54%), Copper: 0.05mg (2.51%), Calcium: 23.31mg (2.33%), Vitamin B3: 0.46mg (2.31%), Phosphorus: 21.51mg (2.15%), Fiber: 0.4g (1.59%), Vitamin K: 1.43µg (1.36%), Vitamin B6: 0.02mg (1.25%), Vitamin C: 1.02mg (1.23%), Vitamin E: 0.17mg (1.17%)