



## Fresh Tomato & Herb Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



24

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb bread french
- 0.5 cup italian\* five cheese blend shredded kraft finely
- 0.5 tsp oregano leaves dried
- 0.5 cup sun tomato vinaigrette dressing dried kraft
- 4 large tomatoes seeded finely chopped

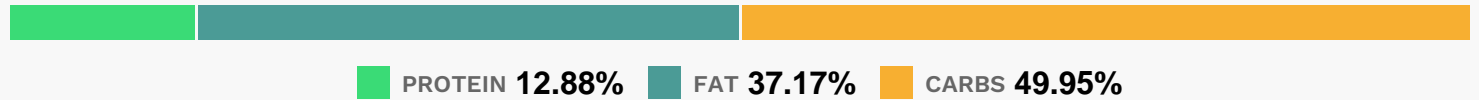
### Equipment

- grill

## Directions

- Preheat grill to medium heat.
- Cut bread into 24 slices; place on grate of grill.
- Grill 1 to 1-1/2 min. on each side or until golden brown on both sides.
- Meanwhile, combine remaining ingredients. Spoon evenly onto toast slices just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.15, Glycemic Load:7.87, Inflammation Score:-3, Nutrition Score:3.7847825962564%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 87.84kcal (4.39%), Fat: 3.71g (5.71%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.43g (3.79%), Sugar: 1.8g (2%), Cholesterol: 0.47mg (0.16%), Sodium: 119.79mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin B1: 0.15mg (9.7%), Selenium: 5.49µg (7.84%), Vitamin K: 7.91µg (7.53%), Folate: 27.89µg (6.97%), Manganese: 0.14mg (6.77%), Vitamin B3: 1.09mg (5.46%), Vitamin B2: 0.09mg (5.1%), Vitamin A: 253.31IU (5.07%), Vitamin C: 4.16mg (5.04%), Iron: 0.83mg (4.64%), Fiber: 0.8g (3.18%), Vitamin E: 0.45mg (3%), Phosphorus: 27.18mg (2.72%), Potassium: 94.89mg (2.71%), Magnesium: 9.49mg (2.37%), Copper: 0.05mg (2.34%), Vitamin B6: 0.04mg (2.24%), Calcium: 18.13mg (1.81%), Zinc: 0.25mg (1.66%)