



## Garlic Crostini with Fresh Mozzarella

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 8 oz crusty baguette (1/)
- ☐ 1 tablespoons olive oil
- ☐ 2 large cloves garlic
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 0.8 cup mozzarella fresh diced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon coarse salt (kosher or sea)
- ☐ 0.3 teaspoon pepper

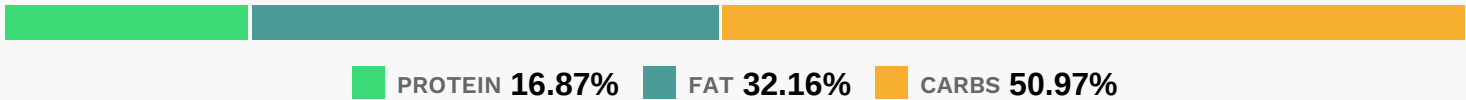
# Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 425°F. On ungreased cookie sheet, place bread slices.
- ☐ Brush oil on slices of bread.
- ☐ Bake 4 to 5 minutes or until very light golden brown. Cool 5 minutes.
- ☐ Meanwhile, stir together all remaining ingredients except garlic.
- ☐ Cut garlic cloves in half. Rub cut sides of garlic over toasted bread slices. Spoon mixture onto bread slices.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:11.2, Glycemic Load:3.52, Inflammation Score:-1, Nutrition Score:2.2917391463466%

# Nutrients (% of daily need)

Calories: 46.08kcal (2.3%), Fat: 1.67g (2.58%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.43g (1.98%), Sugar: 1.24g (1.37%), Cholesterol: 2.77mg (0.92%), Sodium: 127.24mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin B1: 0.07mg (4.63%), Manganese: 0.09mg (4.25%), Calcium: 34.28mg (3.43%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.65mg (3.23%), Iron: 0.58mg (3.22%), Folate: 12.71µg (3.18%), Vitamin B2: 0.05mg (2.92%), Phosphorus: 27.36mg (2.74%), Vitamin K: 2.35µg (2.24%), Copper: 0.04mg (2.24%), Vitamin E: 0.33mg (2.23%), Fiber: 0.54g (2.15%), Vitamin C: 1.68mg (2.04%), Vitamin B6: 0.04mg (2.01%), Potassium: 66.34mg (1.9%), Magnesium: 6.79mg (1.7%), Zinc: 0.23mg (1.52%), Vitamin A: 69.41IU (1.39%), Vitamin B12: 0.08µg (1.33%)