



Goat Cheese Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 inch diagonally bread baguette french toasted cut
- ☐ 2 ounces goat cheese with fine herbs, divided
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 0.3 teaspoon salt

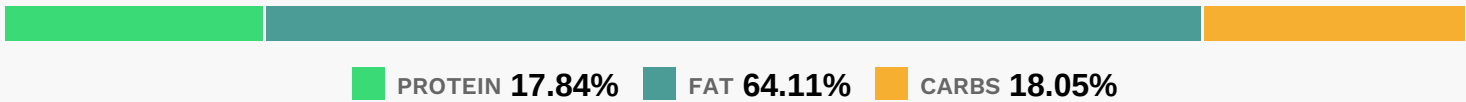
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine first 6 ingredients in a medium bowl, tossing gently.
- ☐ Let stand 15 minutes.
- ☐ Spread 1 1/2 teaspoons goat cheese on each bread slice. Using a slotted spoon, arrange 1 tablespoon tomato mixture over cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:3.6378260928652%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 5.21g (8.01%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.28g (1.42%), Cholesterol: 6.52mg (2.17%), Sodium: 211.59mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 10.24µg (9.75%), Vitamin A: 410.18IU (8.2%), Manganese: 0.14mg (6.9%), Copper: 0.13mg (6.63%), Vitamin C: 4.08mg (4.95%), Phosphorus: 48.48mg (4.85%), Iron: 0.84mg (4.65%), Vitamin E: 0.66mg (4.41%), Calcium: 42.67mg (4.27%), Vitamin B2: 0.07mg (4.19%), Vitamin B6: 0.07mg (3.63%), Fiber: 0.9g (3.59%), Folate: 10.68µg (2.67%), Potassium: 92.24mg (2.64%), Magnesium: 9.52mg (2.38%), Vitamin B1: 0.03mg (2.21%), Vitamin B3: 0.43mg (2.13%), Selenium: 1.18µg (1.68%), Zinc: 0.24mg (1.57%), Vitamin B5: 0.15mg (1.54%)