



Grilled Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb crusty baguette
- 2 cloves garlic finely chopped
- 6 servings plum tomatoes sliced (Roma)
- 0.5 cup vegetable oil

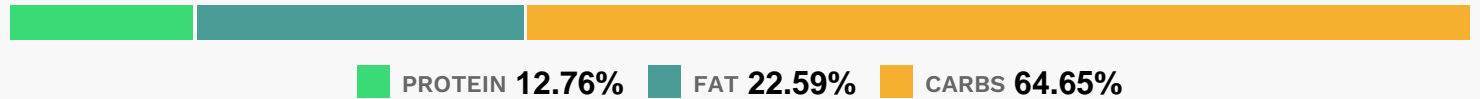
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix oil, basil and garlic.
- Brush or drizzle oil mixture on cut sides of bread.
- Carefully brush grill rack with vegetable oil.
- Place bread on grill over medium heat. Cook uncovered 4 to 6 minutes, turning once, until golden brown. Top with tomatoes.

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:25.05, Inflammation Score:-3, Nutrition Score:8.3530435555655%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 229.59kcal (11.48%), Fat: 5.7g (8.78%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 35.11g (12.77%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 467.42mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.49%), Vitamin B1: 0.44mg (29.49%), Folate: 81.07µg (20.27%), Selenium: 13.15µg (18.78%), Manganese: 0.37mg (18.43%), Vitamin B3: 3.45mg (17.23%), Iron: 2.63mg (14.6%), Vitamin B2: 0.24mg (14.35%), Vitamin K: 9.05µg (8.61%), Calcium: 81.29mg (8.13%), Phosphorus: 73.59mg (7.36%), Fiber: 1.62g (6.48%), Magnesium: 20.02mg (5%), Copper: 0.1mg (4.75%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.61mg (4.07%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.29mg (2.93%), Potassium: 100.12mg (2.86%)