



Grilled Bruschetta with Grilled Red and Yellow Peppers, Gorgonzola and Basil Oil

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings pepper black freshly ground
- 0.5 inch baguette french thick
- 0.3 cup basil leaves fresh
- 12 ounces gorgonzola at room temperature
- 0.8 cup olive oil extra-virgin
- 2 bell peppers red peeled seeded thinly sliced
- 4 servings salt

2 bell peppers yellow peeled seeded thinly sliced

Equipment

bowl

blender

grill

Directions

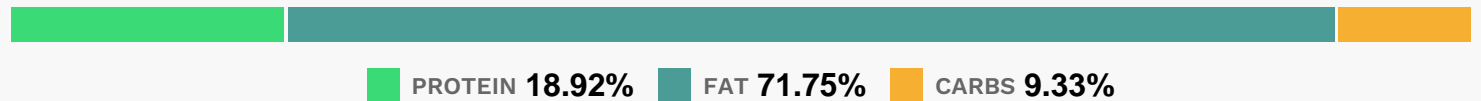
Heat the grill to high.

Combine the oil, basil and salt and pepper in a blender and blend for 5 minutes. Strain the oil into a bowl.

Grill the bread on both sides until lightly golden brown.

Remove from the grill and spread some of the blue cheese on 1 side of each slice, top with some of the peppers and drizzle with a little of the basil oil.

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:20.471304437389%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 404.89kcal (20.24%), Fat: 32.84g (50.52%), Saturated Fat: 17.08g (106.75%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.95g (3.27%), Cholesterol: 63.79mg (21.26%), Sodium: 1177.64mg (51.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Vitamin C: 185.7mg (225.09%), Vitamin A: 2736.91IU (54.74%), Calcium: 464.28mg (46.43%), Phosphorus: 360.47mg (36.05%), Vitamin B2: 0.39mg (23.12%), Vitamin B6: 0.42mg (20.9%), Folate: 75.17µg (18.79%), Selenium: 12.64µg (18.05%), Vitamin B5: 1.77mg (17.66%), Vitamin K: 18.31µg (17.43%), Vitamin B12: 1.04µg (17.29%), Zinc: 2.53mg (16.88%), Vitamin E: 2.34mg (15.58%), Potassium: 477.15mg (13.63%), Vitamin B3: 2.01mg (10.07%), Manganese: 0.18mg (9.08%), Magnesium:

35.38mg (8.84%), Fiber: 1.85g (7.4%), Copper: 0.12mg (5.87%), Iron: 0.92mg (5.13%), Vitamin B1: 0.08mg (5.07%),
Vitamin D: 0.43 μ g (2.83%)