



Grilled Strawberry-Tomato Bruschetta

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bread french
- 1 serving olive oil
- 4 oz goat cheese softened (goat)
- 1 cup strawberries whole
- 1 cup cherry tomatoes
- 1 teaspoon thyme leaves dried crushed
- 1 tablespoon balsamic vinegar

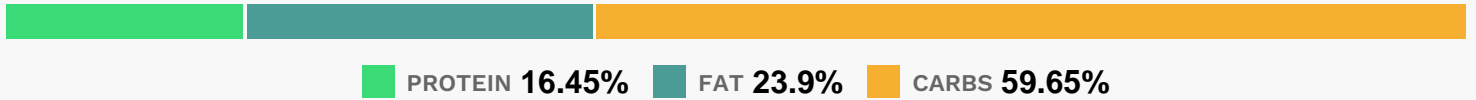
Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Heat gas or charcoal grill.
- Brush bread with olive oil.
- Place on grill, and cook until browned. Top each slice with 1 tablespoon cheese.
- Place strawberries and tomatoes on skewers or on grill pan. Grill 3 to 4 minutes. Chop up and mix together in a bowl with thyme and balsamic vinegar.
- Divide mixture among slices of bread.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:34.93, Inflammation Score:-7, Nutrition Score:14.483043385589%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 317.46kcal (15.87%), Fat: 8.49g (13.06%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 45.08g (16.39%), Sugar: 6.3g (7%), Cholesterol: 8.69mg (2.9%), Sodium: 586.92mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.29%), Vitamin B1: 0.63mg (42.26%), Selenium: 25.15µg (35.94%), Manganese: 0.59mg (29.7%), Folate: 116.37µg (29.09%), Vitamin B2: 0.45mg (26.38%), Vitamin C: 20.31mg (24.62%), Iron: 4.05mg (22.52%), Vitamin B3: 4.43mg (22.13%), Phosphorus: 151.56mg (15.16%), Copper: 0.3mg (15.04%), Fiber: 2.58g (10.31%), Magnesium: 36.54mg (9.13%), Vitamin B6: 0.17mg (8.53%), Calcium: 79.5mg (7.95%), Zinc: 1.14mg (7.59%), Vitamin A: 335.39IU (6.71%), Potassium: 200.65mg (5.73%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.48mg (4.77%), Vitamin K: 3.57µg (3.4%)