



Grilled Tomato Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



17 min.

SERVINGS



8

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 16 slices bread baguette french (1/2-inch-thick)
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 small onion sweet thinly sliced
- ☐ 4 tomatoes ripe seeded chopped

Equipment

☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Brush both sides of bread with oil. Grill 1 to 1 1/2 minutes per side or until toasted.
- ☐ Toss together tomatoes and next 5 ingredients; serve over bread slices.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:51.89, Inflammation Score:-8, Nutrition Score:19.141739015994%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 413.32kcal (20.67%), Fat: 8.5g (13.08%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 70.59g (23.53%), Net Carbohydrates: 66.8g (24.29%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 920.87mg (40.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin B1: 0.94mg (62.76%), Selenium: 36.77µg (52.53%), Folate: 172.46µg (43.12%), Manganese: 0.79mg (39.42%), Vitamin B2: 0.56mg (33.18%), Vitamin B3: 6.58mg (32.9%), Iron: 5.32mg (29.53%), Phosphorus: 156.26mg (15.63%), Fiber: 3.79g (15.15%), Vitamin K: 15.31µg (14.58%), Magnesium: 50.75mg (12.69%), Copper: 0.25mg (12.51%), Vitamin C: 9.81mg (11.89%), Vitamin A: 592IU (11.84%), Vitamin B6: 0.22mg (11.01%), Zinc: 1.48mg (9.87%), Potassium: 326.98mg (9.34%), Vitamin E: 1.37mg (9.16%), Calcium: 80.6mg (8.06%), Vitamin B5: 0.51mg (5.09%)