



## Healthier Double Tomato Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup basil fresh chopped
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 loaf grain artisan bread whole cut into 3/4-inch slices
- 2 tablespoons olive oil
- 1 cup part-skim mozzarella cheese shredded
- 6 roma tomatoes chopped (plum)

- 0.3 teaspoon salt
- 0.5 cup ready-to-eat sun-dried tomatoes chopped

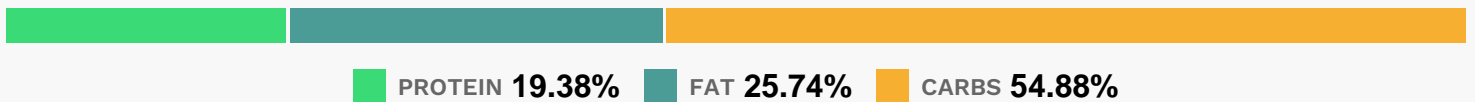
## Equipment

- bowl
- baking sheet
- oven
- broiler

## Directions

- Preheat the oven on broiler setting. Arrange the artisan bread slices in a single layer on a baking sheet.
- Combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper in a large bowl. Allow the mixture to sit for 10 minutes.
- Broil the bread until slightly brown, about 1 to 2 minutes.
- Divide the tomato mixture evenly over the bread slices. Top the slices with mozzarella cheese.
- Return the baking sheet to the oven and broil until the cheese is melted, about 1 to 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.64, Glycemic Load:15.76, Inflammation Score:-5, Nutrition Score:13.085651861585%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 208.18kcal (10.41%), Fat: 6.04g (9.29%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 24.59g (8.94%), Sugar: 5.35g (5.95%), Cholesterol: 5.97mg (1.99%), Sodium: 368.18mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Manganese: 1.36mg (67.81%), Selenium:

16.33µg (23.32%), Phosphorus: 188.85mg (18.89%), Calcium: 176.34mg (17.63%), Fiber: 4.37g (17.48%), Vitamin B1: 0.26mg (17.38%), Vitamin B3: 3.13mg (15.65%), Magnesium: 58.82mg (14.71%), Vitamin K: 12.55µg (11.95%), Iron: 2.03mg (11.26%), Potassium: 386.75mg (11.05%), Copper: 0.22mg (10.94%), Zinc: 1.41mg (9.42%), Vitamin B6: 0.18mg (8.96%), Vitamin B2: 0.15mg (8.94%), Folate: 32.78µg (8.19%), Vitamin C: 6.37mg (7.72%), Vitamin A: 371.55IU (7.43%), Vitamin E: 0.83mg (5.52%), Vitamin B5: 0.53mg (5.25%), Vitamin B12: 0.08µg (1.28%)