



Herbed Ricotta and Tomato Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce bread country-style
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 2 teaspoons chives fresh finely chopped
- ☐ 4 teaspoons flat-leaf parsley fresh divided finely chopped
- ☐ 2 teaspoons mint leaves fresh finely chopped
- ☐ 1 teaspoon tarragon fresh finely chopped
- ☐ 1 garlic clove halved

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup milk ricotta cheese whole
- ☐ 1 large tomatoes ripe cut into 8 (1/4-inch-thick) slices (8 ounces)

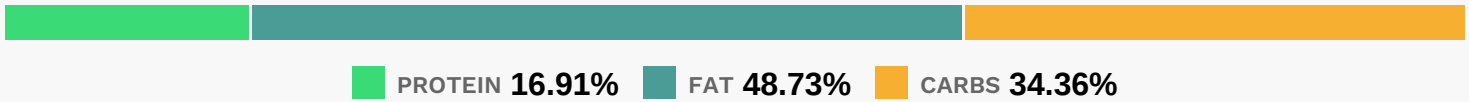
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients; stir in 1 tablespoon parsley.
- ☐ Place bread slices on grill rack; grill 1 minute on each side or until lightly browned. Rub one side of each bread slice with cut sides of garlic. Discard garlic.
- ☐ Brush oil evenly over garlic-rubbed sides of bread slices.
- ☐ Spread 1 1/2 teaspoons ricotta mixture over each bread slice; top each serving with 1 tomato slice.
- ☐ Sprinkle salt and remaining 1 teaspoon parsley evenly over the tomatoes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:2.1395652232611%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 35.62kcal (1.78%), Fat: 1.99g (3.06%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.85g (0.94%), Cholesterol: 3.95mg (1.32%), Sodium: 61.04mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Manganese: 0.1mg (5.21%), Vitamin A: 251.14IU (5.02%), Vitamin C: 3.83mg (4.64%), Vitamin K: 3.97µg (3.78%), Selenium: 2.21µg (3.16%), Calcium: 26.98mg (2.7%), Phosphorus: 23.97mg (2.4%), Potassium: 78.75mg (2.25%), Folate: 8.55µg (2.14%), Vitamin B2: 0.03mg (1.93%), Fiber: 0.47g (1.87%), Vitamin B3: 0.37mg (1.85%), Vitamin B6: 0.04mg (1.85%), Iron: 0.32mg (1.81%), Vitamin B1: 0.03mg (1.72%), Vitamin E: 0.25mg (1.66%), Magnesium: 6.06mg (1.52%), Copper: 0.02mg (1.23%), Zinc: 0.18mg (1.22%)