



Jen's Tomato Arugula Bruschetta

 Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch arugula dried rinsed chopped
- 8 cloves garlic minced
- 1 teaspoon ground pepper black
- 0.3 cup olive oil
- 3 tablespoons parmesan cheese grated
- 20 roma tomatoes (plum)
- 0.5 teaspoon salt
- 20 sun-dried tomatoes packed in oil, drained and chopped

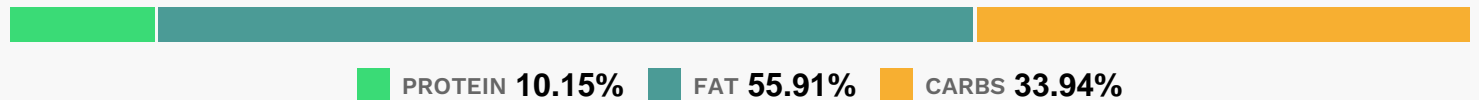
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring 4 quarts of water to boil in a large saucepan.
- Place the roma tomatoes in the boiling water for about 1 minute to loosen the skins.
- Drain, and rinse with cold water. Peel, core, seed, and coarsely chop.
- Heat the olive oil in a large skillet over medium heat. Slowly cook and stir the tomatoes with salt and pepper for 15 minutes.
- Stir in the garlic and cook 5 minutes. Stir the arugula into the mixture, then remove skillet from heat.
- Transfer mixture to a large bowl.
- Gently fold the sun-dried tomatoes and Parmesan cheese into the mixture. Cover and chill in the refrigerator approximately 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:21.40956489677%

Flavonoids

Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 10.15mg, Kaempferol: 10.15mg, Kaempferol: 10.15mg, Kaempferol: 10.15mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 233.99kcal (11.7%), Fat: 15.7g (24.15%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 15.79g (5.74%), Sugar: 12.56g (13.95%), Cholesterol: 3.26mg (1.09%), Sodium: 391.53mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin A: 3375.78IU (67.52%), Vitamin K: 68.69µg (65.42%), Vitamin C: 52.5mg (63.64%), Manganese: 0.8mg (39.84%), Potassium: 1219.74mg (34.85%), Vitamin E: 3.77mg (25.13%), Fiber: 5.65g (22.62%), Folate: 81.19µg (20.3%), Vitamin B6: 0.38mg (19.04%), Copper: 0.37mg (18.63%), Magnesium: 70.45mg (17.61%), Phosphorus: 158.43mg (15.84%), Vitamin B3: 2.88mg (14.42%), Calcium: 133.74mg (13.37%), Iron: 2.4mg (13.36%), Vitamin B1: 0.19mg (12.9%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.66mg (6.63%), Selenium: 2.82µg (4.04%)