

Lazy Bruschetta

 Vegetarian  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon garlic salt
- 4 slices bread italian
- 1 cup cheese blend shredded italian
- 0.5 cup olive oil
- 1 large tomatoes sliced

Equipment

- bowl
- baking sheet

- oven
- broiler

Directions

- Preheat your oven's broiler.
- Arrange the slices of bread in a single layer on a baking sheet.
- Mix together the olive oil and garlic powder in a cup or small bowl.
- Brush onto the slices of bread. Cover each piece of bread with tomato slices, then sprinkle with as much cheese as you like.
- Drizzle just a bit of the olive oil over the cheese.
- Broil for 3 to 5 minutes, until cheese is melted and bread is toasted. Make sure you keep an eye on it - it doesn't take long!

Nutrition Facts

PROTEIN 13.63% **FAT 66.45%** **CARBS 19.92%**

Properties

Glycemic Index:9.5, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:3.2047826094634%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 257.41kcal (12.87%), Fat: 19.55g (30.08%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.94g (4.34%), Sugar: 7.38g (8.2%), Cholesterol: 5.6mg (1.87%), Sodium: 1873.89mg (81.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin A: 379.02IU (7.58%), Vitamin C: 6.23mg (7.56%), Vitamin E: 1.02mg (6.82%), Vitamin K: 6.85µg (6.52%), Calcium: 61.68mg (6.17%), Vitamin B3: 1.17mg (5.85%), Fiber: 1.25g (4.98%), Folate: 19.42µg (4.86%), Potassium: 151.65mg (4.33%), Iron: 0.59mg (3.27%), Vitamin B1: 0.04mg (2.99%), Manganese: 0.06mg (2.82%), Magnesium: 8.45mg (2.11%), Phosphorus: 18.32mg (1.83%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.57%), Copper: 0.03mg (1.41%)