



Mediterranean Bruschetta

 Vegetarian

READY IN



21 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons freshly basil leaves plus leaves whole chopped for garnish
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound ciabatta bread cut into 1-inch wide slices
- ☐ 2 tablespoons kalamata olives finely chopped
- ☐ 0.5 optional: lemon
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

- ☐ 15 ounce milk ricotta whole
- ☐ 2 large tomatoes diced seeded

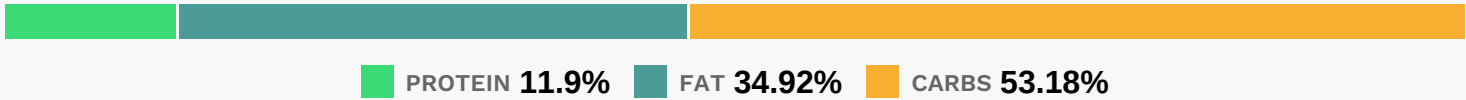
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Drizzle the bread with the olive oil and place onto preheated grill. Grill until golden brown, about 2 to 3 minutes per side.
- ☐ In a medium bowl, combine ricotta, tomatoes, olives, basil, and salt and pepper.
- ☐ Squeeze lemon over the bread.
- ☐ Sprinkle bread with oregano and salt and pepper, to taste.
- ☐ Place ricotta mixture on top of the grilled bread, garnish with basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:26.06, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:4.9386956795402%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 235.6kcal (11.78%), Fat: 9.28g (14.28%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 30.25g (11%), Sugar: 3.95g (4.38%), Cholesterol: 6.38mg (2.13%), Sodium: 477.23mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Vitamin K: 12.72µg (12.11%), Vitamin C: 9.95mg

(12.06%), Vitamin A: 518.97IU (10.38%), Vitamin E: 1.38mg (9.22%), Calcium: 78.76mg (7.88%), Phosphorus: 66.75mg (6.68%), Fiber: 1.57g (6.3%), Potassium: 204.84mg (5.85%), Vitamin B2: 0.09mg (5.04%), Vitamin B12: 0.29µg (4.78%), Manganese: 0.09mg (4.67%), Vitamin B6: 0.08mg (3.95%), Vitamin D: 0.58µg (3.9%), Magnesium: 13.52mg (3.38%), Vitamin B1: 0.05mg (3.37%), Vitamin B5: 0.26mg (2.58%), Folate: 8.75µg (2.19%), Zinc: 0.31mg (2.1%), Copper: 0.04mg (1.93%), Iron: 0.34mg (1.89%), Vitamin B3: 0.36mg (1.79%), Selenium: 1.08µg (1.54%)