



Mixed Herb Bruschetta

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups basil leaves loosely packed
- ☐ 2 cloves garlic chopped
- ☐ 2 cups tender herbs green such as thai basil, mint, parsley, summer savory, and/or tarragon loosely packed
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon salt plus more to taste
- ☐ 8 servings basic bruschetta

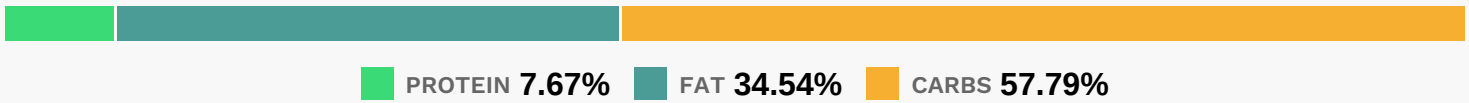
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Stir 1 tablespoon salt into a large pot of boiling water.
- ☐ Add basil and other herbs; cook for 10 seconds, then drain. Plunge herbs into a large bowl of very cold water (this step helps preserve the bright green color).
- ☐ Drain and gently squeeze out excess water.
- ☐ In a food processor, whirl herbs with parmesan, 1/4 cup extra-virgin olive oil, the garlic, and 2 tablespoons water to make a paste.
- ☐ Add salt and pepper to taste. Spoon onto bruschettas and drizzle with extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:36.328261203416%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.21kcal (12.16%), Fat: 11.3g (17.39%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 15.12g (5.5%), Sugar: 0.13g (0.15%), Cholesterol: 2.72mg (0.91%), Sodium: 946.94mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Manganese: 3.84mg (192.24%), Calcium: 1322.91mg (132.29%), Iron: 23.07mg (128.16%), Fiber: 27.43g (109.7%), Vitamin A: 4011.39IU (80.23%), Vitamin K: 78.99µg (75.23%), Magnesium: 235.98mg (58.99%), Vitamin B6: 1.1mg (55.23%), Vitamin C: 33.05mg (40.06%), Copper: 0.55mg (27.4%), Potassium: 685.07mg (19.57%), Zinc: 2.84mg (18.91%), Vitamin B1: 0.25mg (16.34%), Vitamin B3: 2.6mg (12.98%), Phosphorus: 114mg (11.4%), Vitamin E: 1.13mg (7.56%), Selenium: 3.98µg (5.69%), Folate:

12.47µg (3.12%), Vitamin B2: 0.03mg (1.5%)