



Nikol's Garlic Bruschetta

 Popular

READY IN



50 min.

SERVINGS



12

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sourdough baguette cut into 1/ slices
- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 7 roma tomatoes chopped (plum)
- ☐ 4 ounce semi-soft cheese with garlic and herbs (such as alouette®)

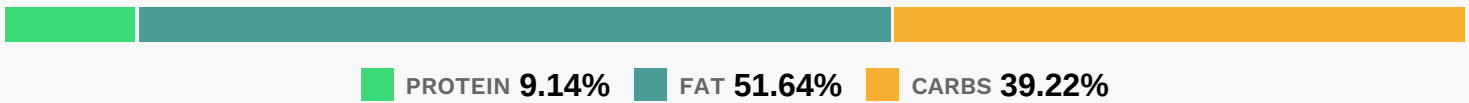
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Whisk together the olive oil, balsamic vinegar, basil, and garlic in a bowl. Stir in the chopped tomatoes; season to taste with salt and pepper. Cover; place in the refrigerator to marinate for 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread the bread slices in a single layer on a large baking pan.
- ☐ Bake in the oven until golden, about 10 minutes.
- ☐ Remove to cool on a wire rack.
- ☐ When the bread is cool, spread the semi-soft cheese evenly over each slice. Using a slotted spoon, spoon some of the tomato mixture over each slice.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:7.68, Inflammation Score:-4, Nutrition Score:4.5378261117832%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 127.94kcal (6.4%), Fat: 7.4g (11.39%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.73g (4.27%), Sugar: 2.69g (2.99%), Cholesterol: 9.54mg (3.18%), Sodium: 161.04mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin B1: 0.14mg (9.21%), Vitamin A: 455.15IU (9.1%), Manganese: 0.17mg (8.46%), Vitamin K: 8.03µg (7.65%), Folate: 28.94µg (7.23%), Selenium: 4.47µg (6.39%), Vitamin C: 5.2mg (6.3%), Vitamin B3: 1.18mg (5.89%), Vitamin B2: 0.1mg (5.68%), Vitamin E: 0.85mg (5.64%), Iron: 0.9mg (5%), Phosphorus: 40.29mg (4.03%), Potassium: 131.85mg (3.77%), Calcium: 37.65mg (3.76%), Fiber: 0.92g (3.66%), Vitamin B6: 0.06mg (3.16%), Magnesium: 11.18mg (2.8%), Copper: 0.05mg (2.68%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.17mg (1.7%)