



Olive-Goat Cheese Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 ounces bread baguette french
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 0.3 cup mild goat cheese at room temperature
- ☐ 0.3 cup olives pitted chopped
- ☐ 1 cup plum tomatoes diced seeded
- ☐ 0.1 teaspoon salt

☐ 1 teaspoon sherry vinegar

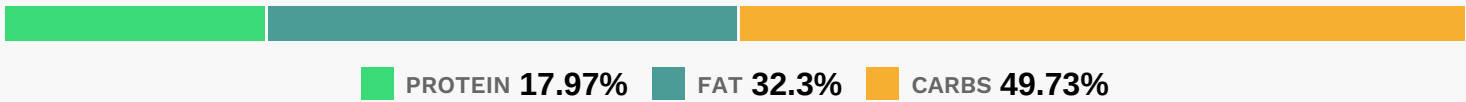
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a small bowl, and set aside.
- ☐ Arrange bread on a baking sheet; bake at 400 for 8 minutes or until lightly browned and crisp.
- ☐ Remove toast slices from oven, and cool 2 minutes.
- ☐ Rub both sides of each toast slice with garlic clove.
- ☐ Spread goat cheese thinly on 1 side of each toast, and top with the olive mixture.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:6.02, Inflammation Score:-4, Nutrition Score:3.789565274249%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 69.59kcal (3.48%), Fat: 2.55g (3.92%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8g (2.91%), Sugar: 1.52g (1.69%), Cholesterol: 3.26mg (1.09%), Sodium: 215.2mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin B1: 0.12mg (7.89%), Vitamin A: 362.79IU (7.26%), Manganese: 0.13mg (6.57%), Selenium: 4.35µg (6.21%), Folate: 23.21µg (5.8%), Vitamin B2: 0.09mg (5.54%), Vitamin C: 4.26mg (5.17%), Copper: 0.1mg (4.98%), Iron: 0.82mg (4.54%), Vitamin B3: 0.91mg (4.53%), Vitamin K: 4.75µg (4.53%), Phosphorus: 41.26mg (4.13%), Fiber: 0.83g (3.32%), Vitamin B6: 0.06mg (3.17%), Potassium: 93.94mg

(2.68%), Magnesium: 9.88mg (2.47%), Vitamin E: 0.37mg (2.45%), Calcium: 24.22mg (2.42%), Zinc: 0.27mg (1.82%),
Vitamin B5: 0.13mg (1.27%)