



Oven-Roasted Tomato and Chèvre Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 inch diagonally-cut bread baguette french
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove halved
- ☐ 4 ounces goat cheese soft
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 plum tomatoes halved lengthwise

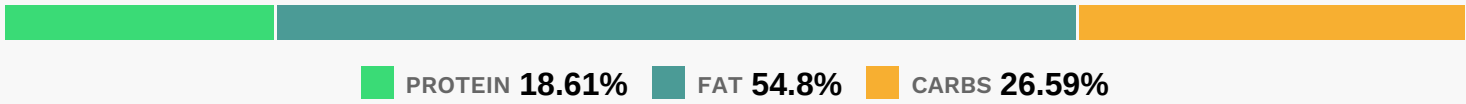
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Arrange tomatoes, skin side down, in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle evenly with salt; coat lightly with cooking spray.
- ☐ Bake at 350 for 2 hours. Turn oven off; cool tomatoes in closed oven at least 1 hour.
- ☐ Remove tomatoes from baking sheet.
- ☐ Preheat oven to 40
- ☐ Arrange bread slices in a single layer on a baking sheet; brush evenly with oil.
- ☐ Bake at 400 for 14 minutes or until toasted. Rub each bread slice with cut sides of garlic; discard garlic.
- ☐ Spread about 1 teaspoon cheese on each bread slice; top each serving with 1 tomato half.
- ☐ Sprinkle each serving with about 1/2 teaspoon basil.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:3.7660870215167%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 53.87kcal (2.69%), Fat: 3.4g (5.23%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.86g (1.04%), Sugar: 1.86g (2.07%), Cholesterol: 4.35mg (1.45%), Sodium: 146.87mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin A: 640.53IU (12.81%), Vitamin C: 8.67mg

(10.51%), Vitamin K: 7.97µg (7.59%), Manganese: 0.12mg (6.03%), Copper: 0.11mg (5.61%), Potassium: 155.49mg (4.44%), Phosphorus: 43.01mg (4.3%), Vitamin B6: 0.08mg (4%), Vitamin E: 0.53mg (3.53%), Fiber: 0.86g (3.44%), Folate: 12.94µg (3.24%), Vitamin B2: 0.05mg (3.22%), Vitamin B3: 0.56mg (2.79%), Vitamin B1: 0.04mg (2.71%), Iron: 0.47mg (2.59%), Magnesium: 9.76mg (2.44%), Calcium: 24.01mg (2.4%), Zinc: 0.23mg (1.51%), Selenium: 1.03µg (1.48%), Vitamin B5: 0.14mg (1.43%)