



Peperonata con Bruschetta (Sweet Pepper Toasts)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 basil leaves cut into chiffonade
- ☐ 8 slices peasant bread italian
- ☐ 1 clove garlic minced sliced in half
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 plum tomatoes cored ripe seeded chopped
- ☐ 2 large bell peppers red cut into 1/4-inch dice
- ☐ 2 medium onions red chopped

- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon butter sweet
- ☐ 2 large bell peppers yellow cut into 1/4-inch dice

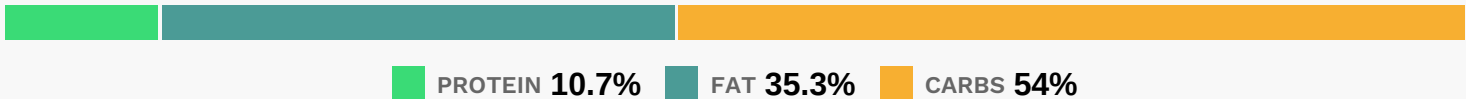
Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat the grill or broiler.
- ☐ Heat the oil and butter in a large skillet over medium-high heat.
- ☐ Add the onions and peppers and cook over high heat for 4 minutes. Stir in the minced garlic, cook for 30 seconds, then add the tomatoes. Simmer 5 minutes until thickened.
- ☐ Remove from heat and season to taste.
- ☐ Grill the bread for 2 minutes on each side, then rub 1 side of each slice with the cut side of 1/2 of a garlic clove. Top each slice of bread with a heaping spoonful of the pepper mixture, sprinkle with basil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.42, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:23.083478081809%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg

Nutrients (% of daily need)

Calories: 318.52kcal (15.93%), Fat: 12.97g (19.96%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 38.32g (13.93%), Sugar: 10.22g (11.36%), Cholesterol: 7.53mg (2.51%), Sodium: 491.14mg (21.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin C: 286.55mg (347.33%), Vitamin A: 3272.72IU (65.45%), Manganese: 1.01mg (50.72%), Folate: 127.6µg (31.9%), Vitamin B6: 0.57mg (28.54%), Vitamin B3: 5.11mg (25.57%), Fiber: 6.32g (25.28%), Selenium: 16.91µg (24.15%), Vitamin B1: 0.34mg (23%), Potassium: 645.96mg (18.46%), Vitamin E: 2.76mg (18.4%), Vitamin K: 18.45µg (17.57%), Iron: 3.12mg (17.32%), Vitamin B2: 0.26mg (15.32%), Phosphorus: 145.43mg (14.54%), Magnesium: 55.35mg (13.84%), Copper: 0.25mg (12.53%), Calcium: 107.07mg (10.71%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.14mg (7.58%)