



## Pesto Bruschetta Loaf

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 pound bread french
- ☐ 0.5 cup basil pesto
- ☐ 0.5 cup sun-dried olives drained coarsely chopped chopped
- ☐ 4 ounces mozzarella cheese shredded

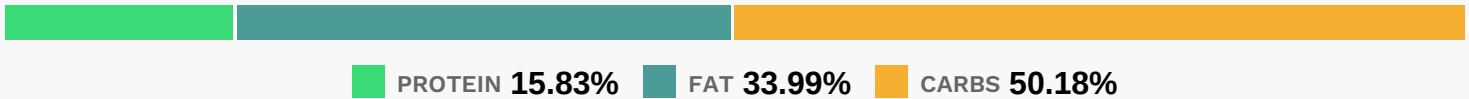
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Set oven control to broil.
- ☐ Place bread, cut sides up, on ungreased cookie sheet. Broil with tops 4 to 6 inches from heat about 1 minute or until lightly toasted.
- ☐ Spread pesto on bread.
- ☐ Sprinkle with tomatoes and cheese. Broil 1 to 2 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:8.59, Glycemic Load:11.83, Inflammation Score:-3, Nutrition Score:5.4426086804141%

## Nutrients (% of daily need)

Calories: 137.23kcal (6.86%), Fat: 5.24g (8.06%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 16.24g (5.9%), Sugar: 2.92g (3.25%), Cholesterol: 6.22mg (2.07%), Sodium: 291.24mg (12.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin B1: 0.22mg (14.77%), Selenium: 9.5µg (13.57%), Manganese: 0.21mg (10.71%), Folate: 37.7µg (9.43%), Vitamin B2: 0.16mg (9.29%), Vitamin B3: 1.68mg (8.42%), Iron: 1.5mg (8.32%), Phosphorus: 67.09mg (6.71%), Calcium: 66.79mg (6.68%), Fiber: 1.17g (4.68%), Vitamin A: 234.19IU (4.68%), Copper: 0.09mg (4.63%), Potassium: 156.46mg (4.47%), Magnesium: 17.16mg (4.29%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.16µg (2.69%), Vitamin B6: 0.04mg (2.22%), Vitamin B5: 0.18mg (1.76%), Vitamin K: 1.84µg (1.75%), Vitamin C: 1.35mg (1.63%)