



Pomodoro Fresco Sourdough Bruschetta



Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 inch sourdough baguette
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil leaves fresh plus more for garnish thinly sliced
- ☐ 2 garlic cloves minced halved
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano grated plus more for garnish
- ☐ 2 cups roma tomatoes diced

☐ 0.5 teaspoon sea salt

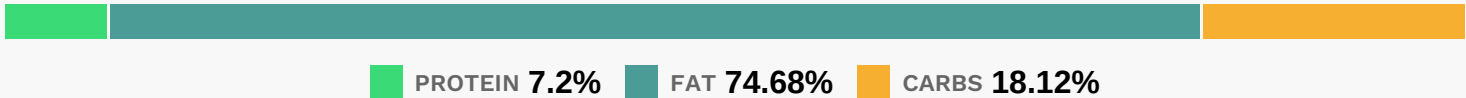
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut the baguette in half lengthwise, place on a sheet tray and bake in the oven until lightly brown. Rub with the garlic cloves.
- ☐ Drizzle with 2 ounces of the olive oil and sprinkle with the Parmigiano-Reggiano. Return to oven to melt cheese.
- ☐ In a medium mixing bowl, add the tomatoes, minced garlic, basil, vinegar, remaining olive oil, salt and pepper.
- ☐ Mix thoroughly and let sit for 5 minutes at room temperature.
- ☐ Remove baguette from oven and top with the tomato mixture.
- ☐ Garnish with basil and Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:79.69, Glycemic Load:4.68, Inflammation Score:-7, Nutrition Score:8.6421739050876%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 231.22kcal (11.56%), Fat: 19.6g (30.15%), Saturated Fat: 3.52g (22.03%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 8.93g (3.25%), Sugar: 4.74g (5.27%), Cholesterol: 4.25mg (1.42%), Sodium: 446.44mg (19.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin K: 29.36µg (27.96%), Vitamin A: 1142.57IU (22.85%), Vitamin E: 3.22mg (21.45%), Vitamin C: 17.03mg (20.65%), Manganese: 0.29mg (14.72%), Calcium: 104.82mg (10.48%), Potassium: 323.31mg (9.24%), Phosphorus: 84.73mg (8.47%), Fiber: 1.77g (7.08%), Folate: 27.83µg (6.96%), Vitamin B6: 0.13mg (6.57%), Vitamin B1: 0.09mg (6.32%), Vitamin B3: 1.1mg (5.5%), Magnesium: 21.22mg (5.31%), Iron: 0.93mg (5.16%), Copper: 0.1mg (5.11%), Selenium: 2.96µg (4.23%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.08µg (1.25%)