



Red-and-Green Bruschetta

READY IN



45 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cornichons thinly sliced
- ☐ 1 baguette french
- ☐ 0.5 pound mozzarella cheese fresh sliced
- ☐ 1 large bell pepper red
- ☐ 30 servings tomato pesto dried

Equipment

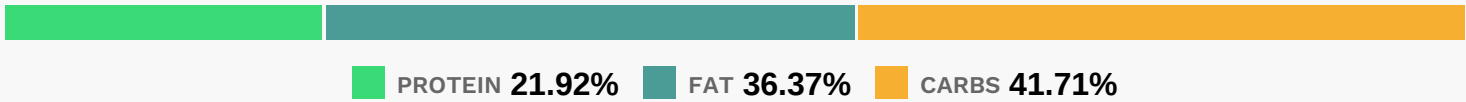
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut baguette into 1/2-inch-thick slices; place on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until golden; cool.
- ☐ Place bell pepper on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat about 5 minutes on each side or until pepper looks blistered.
- ☐ Place pepper in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skin. Peel pepper; discard seeds, and cut pepper into thin strips.
- ☐ Spread bread slices evenly with Dried Tomato Pesto. Top each with a mozzarella slice. Crisscross a pepper strip and pickle slice over cheese.
- ☐ Broil 5 inches from heat 2 to 3 minutes or until cheese melts.
- ☐ Serve immediately.
- ☐ * Substitute gherkin-style pickles for cornichons.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:2.6552174227393%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 1.96g (3.02%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.08g (1.2%), Cholesterol: 5.97mg (1.99%), Sodium: 103.41mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Vitamin C: 7.39mg (8.96%), Calcium: 48.41mg (4.84%), Vitamin A: 231.52IU (4.63%), Phosphorus: 39.7mg (3.97%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.06mg (3.93%), Vitamin B2: 0.06mg (3.39%), Manganese: 0.07mg (3.28%), Folate: 12.64µg (3.16%), Vitamin B12: 0.17µg (2.87%), Vitamin B3: 0.53mg (2.65%), Iron: 0.44mg (2.42%), Zinc: 0.32mg (2.13%), Potassium: 61.97mg (1.77%), Fiber: 0.42g (1.66%), Magnesium: 6.29mg (1.57%), Vitamin B6: 0.03mg (1.54%), Copper: 0.03mg (1.31%), Vitamin K: 1.25µg (1.19%)