



## Red Pepper Bruschetta with Feta

 Vegetarian

READY IN



16 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz athenos feta cheese crumbled traditional
- 16 oz bread french cut into 18 slices
- 1 clove garlic minced
- 0.3 cup green onions chopped
- 1 tsp juice of lemon
- 0.3 cup olive oil divided
- 7 oz roasted peppers red drained chopped

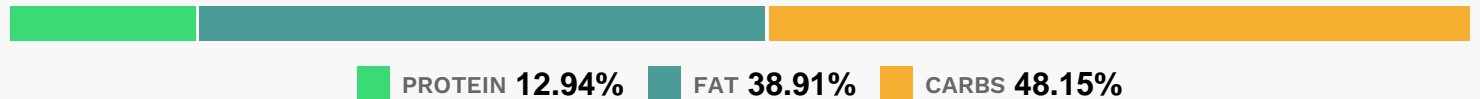
### Equipment

baking sheet

## Directions

- Mix peppers, cheese, onions, 1 Tbsp. of the oil, the garlic and lemon juice; set aside.
- Brush bread slices lightly with remaining 3 Tbsp. oil; place on baking sheet.
- Broil 2 to 3 min. on each side or until lightly toasted on both sides. Top each toast slice with about 1 Tbsp. of the pepper mixture.

## Nutrition Facts



## Properties

Glycemic Index:10.59, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:5.4517391116723%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 128.81kcal (6.44%), Fat: 5.63g (8.66%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.85g (5.4%), Sugar: 1.36g (1.51%), Cholesterol: 6.31mg (2.1%), Sodium: 421.61mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin B1: 0.22mg (14.44%), Selenium: 9.24µg (13.21%), Vitamin B2: 0.19mg (10.95%), Folate: 40.19µg (10.05%), Manganese: 0.18mg (8.8%), Vitamin B3: 1.51mg (7.57%), Vitamin C: 6.24mg (7.56%), Iron: 1.3mg (7.22%), Phosphorus: 57.02mg (5.7%), Calcium: 56.28mg (5.63%), Vitamin K: 5.6µg (5.33%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.57mg (3.78%), Zinc: 0.53mg (3.53%), Fiber: 0.82g (3.27%), Copper: 0.06mg (3.17%), Magnesium: 12.16mg (3.04%), Vitamin A: 110.02IU (2.2%), Vitamin B12: 0.12µg (2%), Potassium: 61.09mg (1.75%), Vitamin B5: 0.17mg (1.71%)