



Roasted Pepper and Asiago Chicken Sausage Fresh Tomato Bruschetta

READY IN



30 min.

SERVINGS



16

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons asiago cheese fresh shredded for garnish
- 1 teaspoon balsamic vinegar
- 0.3 teaspoon pepper black
- 12 ounce al fresco® roasted pepper & asiago chicken sausage
- 5 tablespoons olive oil extra virgin divided
- 1 loaf bread french sliced into 32 pieces)
- 2 tablespoons basil fresh chopped
- 1 tablespoon cilantro leaves fresh chopped

- 1 tablespoon parsley fresh chopped
- 3 cloves garlic finely minced
- 2 tablespoons juice of lemon fresh
- 0.3 cup oregano leaves fresh dry for garnish (wash and pat)
- 0.5 cup onion red finely chopped
- 1 teaspoon sugar
- 3 cups tomatoes fresh diced

Equipment

- frying pan
- mixing bowl
- grill
- broiler

Directions

- In a small mixing bowl, combine the diced tomatoes, minced garlic, chopped herbs, lemon juice, balsamic vinegar, 2 tbs of olive oil, and chopped red onion. Season with salt, sugar and black pepper.*
- Brush the French bread slices lightly with the remaining 3 tbs of olive oil and lightly toast under the broiler (about 5 - 6" from broiler unit). Toast can burn quickly, so keep a watchful eye on this process.
- Meanwhile, spray a skillet with cooking spray and grill the al fresco Roasted Pepper & Asiago Chicken Sausages over medium high heat until nicely browned. Slice each link on the diagonal into 8 pieces.
- Top each toast point with a slice of the chicken sausage, followed with a spoonful of bruschetta, and garnish with fresh oregano and a small shaving of Asiago Cheese.
- Serve immediately.

Nutrition Facts



PROTEIN 15.78% FAT 44.29% CARBS 39.93%

Properties

Glycemic Index:30.85, Glycemic Load:10.67, Inflammation Score:-7, Nutrition Score:5.8121739374879%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 163.39kcal (8.17%), Fat: 8.25g (12.68%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.4g (5.6%), Sugar: 2.74g (3.05%), Cholesterol: 15.44mg (5.15%), Sodium: 380.25mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin K: 14.98µg (14.27%), Vitamin B1: 0.19mg (12.91%), Manganese: 0.22mg (11.21%), Selenium: 7.44µg (10.62%), Folate: 38.67µg (9.67%), Iron: 1.59mg (8.83%), Vitamin A: 361.78IU (7.24%), Vitamin B3: 1.43mg (7.13%), Vitamin B2: 0.12mg (7.11%), Vitamin C: 5.8mg (7.03%), Vitamin E: 0.98mg (6.54%), Fiber: 1.33g (5.31%), Phosphorus: 41.27mg (4.13%), Calcium: 38.53mg (3.85%), Magnesium: 14.51mg (3.63%), Vitamin B6: 0.07mg (3.6%), Potassium: 120.04mg (3.43%), Copper: 0.07mg (3.26%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.13mg (1.32%)