



## Roasted Pepper-Tomato Bruschetta

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

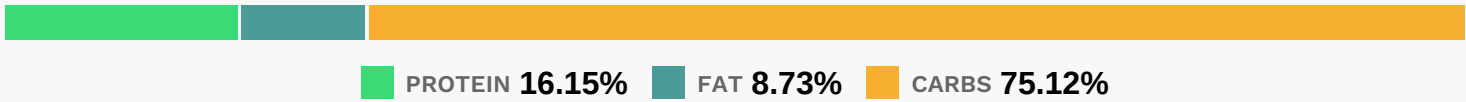
- ☐ 24 slices bread french toasted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt coarse-grained
- ☐ 3 tablespoons parmesan cheese shredded
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 6 tomatoes diced ripe seeded

# Equipment

## Directions

☐ Combine first 7 ingredients; spoon 1 heaping tablespoon over each toasted bread slice.

## Nutrition Facts



## Properties

Glycemic Index:11.56, Glycemic Load:25.94, Inflammation Score:-5, Nutrition Score:9.5191305780216%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 183.83kcal (9.19%), Fat: 1.8g (2.77%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 32.93g (11.97%), Sugar: 3.77g (4.19%), Cholesterol: 0.43mg (0.14%), Sodium: 558.51mg (24.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin B1: 0.47mg (31.23%), Selenium: 18.49µg (26.41%), Folate: 84.82µg (21.2%), Manganese: 0.39mg (19.53%), Vitamin B2: 0.28mg (16.7%), Vitamin B3: 3.32mg (16.59%), Iron: 2.67mg (14.81%), Vitamin C: 8.13mg (9.85%), Phosphorus: 80.89mg (8.09%), Fiber: 1.89g (7.55%), Copper: 0.13mg (6.39%), Magnesium: 25.22mg (6.31%), Vitamin A: 312.94IU (6.26%), Vitamin B6: 0.11mg (5.51%), Zinc: 0.75mg (5.02%), Calcium: 47.79mg (4.78%), Potassium: 161.68mg (4.62%), Vitamin K: 3.62µg (3.44%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.3mg (2.02%)