



Roasted Pepper Tomato Crostini

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 slices bread crumbs italian
- ☐ 2 cups tomatoes diced
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon salt
- ☐ 7 ounces roasted peppers red drained chopped
- ☐ 0.3 cup mozzarella cheese shredded

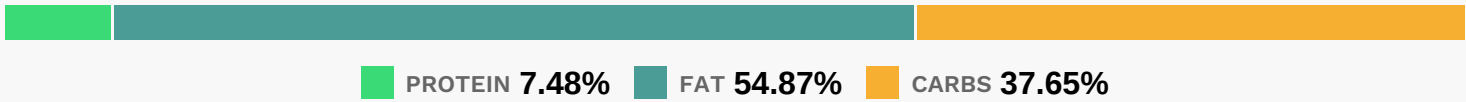
Equipment

☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. Grill bread uncovered 4 to 6 inches from medium heat 4 to 6 minutes, turning once, until golden brown.
- ☐ Mix tomatoes, basil, vinegar, salt and bell peppers.
- ☐ Spread tomato mixture on bread. Top each slice with about 1 teaspoon cheese.
- ☐ Cover and grill 4 to 6 inches from medium heat about 5 minutes or until cheese is melted.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.3682608829568%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 123.65kcal (6.18%), Fat: 7.59g (11.68%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 10.68g (3.88%), Sugar: 6.77g (7.52%), Cholesterol: 1.64mg (0.55%), Sodium: 271.48mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 7.45mg (9.04%), Vitamin B3: 1.06mg (5.32%), Vitamin A: 226.84IU (4.54%), Folate: 17.22µg (4.3%), Fiber: 1.04g (4.15%), Iron: 0.58mg (3.22%), Potassium: 102.29mg (2.92%), Vitamin K: 2.74µg (2.61%), Vitamin B1: 0.04mg (2.51%), Phosphorus: 21.28mg (2.13%), Manganese: 0.04mg (2.11%), Vitamin B2: 0.03mg (1.8%), Magnesium: 7.17mg (1.79%), Calcium: 17.5mg (1.75%), Vitamin B6: 0.03mg (1.71%), Copper: 0.03mg (1.29%), Zinc: 0.15mg (1.01%)