



## Roasted Red Bell Pepper Bruschetta

READY IN



15 min.

SERVINGS



16

CALORIES



692 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 crusty baguette french
- 0.3 cup olive oil
- 8 large cloves garlic
- 7 oz roasted peppers red
- 2 tablespoons flat parsley italian chopped ()
- 2 tablespoons parmesan shredded
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

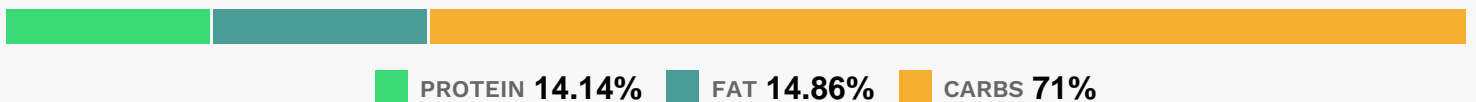
## Equipment

- bowl
- baking sheet
- oven
- sieve

## Directions

- Heat the oven to 375°F.
- Place the bread slices on an ungreased cookie sheet.
- Drizzle about 1 teaspoon olive oil (of the 1/4 cup olive oil) on each bread slice.
- Bake about 4 minutes or until golden brown. Turn bread over; bake about 4 minutes longer or until golden brown.
- Cut each garlic clove in half; rub cut sides over tops and sides of toasted bread slices. Discard garlic.
- Drain the red peppers in a strainer in the sink.
- Cut the peppers into 1/2-inch strips. In a medium bowl, mix the peppers, parsley, Parmesan cheese, 1 tablespoon olive oil, the salt and pepper. Spoon onto toast.

## Nutrition Facts



## Properties

Glycemic Index:12.05, Glycemic Load:82.67, Inflammation Score:-7, Nutrition Score:27.562173828645%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 692.25kcal (34.61%), Fat: 11.29g (17.36%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 121.3g (40.43%), Net Carbohydrates: 115.85g (42.13%), Sugar: 11.75g (13.05%), Cholesterol: 0.43mg (0.14%), Sodium: 1761.77mg (76.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.32%), Vitamin B1: 1.46mg (97.45%), Folate: 270.34µg (67.58%), Selenium: 43.39µg (61.99%), Manganese: 1.21mg (60.5%), Vitamin B3: 11.44mg (57.19%), Iron: 8.81mg (48.96%), Vitamin B2: 0.81mg (47.68%), Calcium: 278.59mg (27.86%), Phosphorus: 246.95mg (24.7%), Fiber: 5.45g (21.82%), Vitamin K: 18.35µg (17.47%), Magnesium: 67.32mg (16.83%), Copper: 0.32mg (16.22%), Vitamin B6: 0.3mg (15.09%), Zinc: 2.04mg (13.58%), Potassium: 337.93mg (9.66%), Vitamin B5: 0.96mg (9.64%), Vitamin E: 1.34mg (8.96%), Vitamin C: 6.9mg (8.36%), Vitamin A: 111.8IU (2.24%)