



Roasted Red Bell Pepper Bruschetta

READY IN



15 min.

SERVINGS



16

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

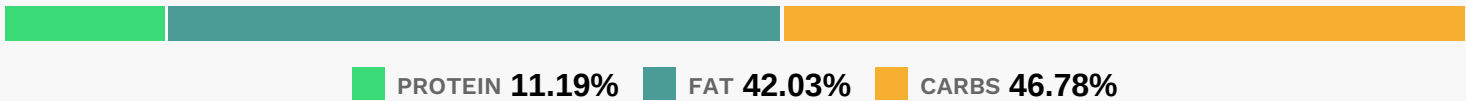
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Heat the oven to 375F.
- ☐ 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:11.23, Glycemic Load:7.3, Inflammation Score:-2, Nutrition Score:5.414347877483%

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: 121.47kcal (6.07%), Fat: 5.73g (8.81%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.03g (4.74%), Sugar: 1.63g (1.81%), Cholesterol: 0.43mg (0.14%), Sodium: 349.21mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Manganese: 0.38mg (19.18%), Selenium: 8.46µg (12.08%), Vitamin K: 12.22µg (11.64%), Vitamin C: 6.96mg (8.43%), Vitamin B3: 1.65mg (8.26%), Vitamin B1: 0.12mg (8.13%), Folate: 26.64µg (6.66%), Iron: 1.2mg (6.64%), Fiber: 1.32g (5.3%), Calcium: 51.09mg (5.11%), Vitamin B2: 0.08mg (4.62%), Phosphorus: 45.57mg (4.56%), Vitamin E: 0.67mg (4.48%), Vitamin B6: 0.07mg (3.64%), Magnesium: 13.8mg (3.45%), Copper: 0.06mg (3.17%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.35mg (2.36%), Vitamin A: 112.36IU (2.25%), Potassium: 67.41mg (1.93%)