



Roasted Red Pepper and Feta Bruschetta

READY IN



55 min.

SERVINGS



24

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 inch baguette cut into 1/ slices
- 1 tablespoon basil pesto
- 0.3 cup cherry tomatoes thinly sliced
- 1 tablespoon olive oil extra virgin
- 4 ounce feta cheese with basil and sun-dried tomatoes crumbled
- 1 clove garlic minced
- 2 tablespoons green onion minced
- 6 kalamata olives pitted chopped
- 1 teaspoon juice of lemon

- 0.3 cup olive oil extra-virgin or as needed for brushing,
- 0.3 cup parmesan cheese divided grated
- 1 bell pepper red halved seeded

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- broiler

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Brush both sides of each baguette slice with extra-virgin olive oil. Arrange baguette slices on a baking sheet and toast under the broiler, about 1 minute per side; watch carefully to avoid burning.
- Remove toasted slices and set aside on baking sheet.
- Place red pepper halves, cut sides down, on a baking sheet; broil until skin is charred and blistered, 8 to 10 minutes.
- Transfer pepper halves to a bowl and cover with plastic wrap.
- Let peppers cool and strip off and discard blackened skin. Chop the roasted peppers.
- Mix chopped roasted red pepper, feta cheese, cherry tomatoes, kalamata olives, green onion, pesto, 1 tablespoon extra-virgin olive oil, lemon juice, and garlic together in a bowl. Top each bread slice with about 1 tablespoon of the mixture and sprinkle each appetizer lightly with Parmesan cheese.
- Place bruschetta on baking sheet under broiler just until the topping is lightly browned and bubbly, about 1 to 2 minutes.

Nutrition Facts



PROTEIN 9.04% **FAT 61.87%** **CARBS 29.09%**

Properties

Glycemic Index:8.16, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:2.8765217382461%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 50.74kcal (2.54%), Fat: 3.7g (5.7%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.13g (2.36%), Cholesterol: 0.96mg (0.32%), Sodium: 53.11mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin C: 8.77mg (10.63%), Manganese: 0.1mg (5.2%), Potassium: 181.95mg (5.2%), Vitamin K: 5.13µg (4.89%), Vitamin A: 234.68IU (4.69%), Copper: 0.07mg (3.65%), Vitamin E: 0.55mg (3.64%), Fiber: 0.78g (3.13%), Iron: 0.54mg (3.02%), Vitamin B3: 0.55mg (2.74%), Magnesium: 10.85mg (2.71%), Phosphorus: 26.79mg (2.68%), Vitamin B1: 0.04mg (2.44%), Vitamin B2: 0.04mg (2.12%), Folate: 7.51µg (1.88%), Calcium: 18.41mg (1.84%), Vitamin B6: 0.04mg (1.79%), Selenium: 0.89µg (1.27%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.12%)