



## Roasted Red Pepper Bruschetta

READY IN



18 min.

SERVINGS



12

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices bread french italian
- 7 ounces roasted peppers red drained cut into 1/2-inch strips
- 2 tablespoons parsley fresh chopped
- 2 tablespoons parmesan shredded
- 1 tablespoon vegetable oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 garlic clove finely chopped
- 1 tablespoon capers drained

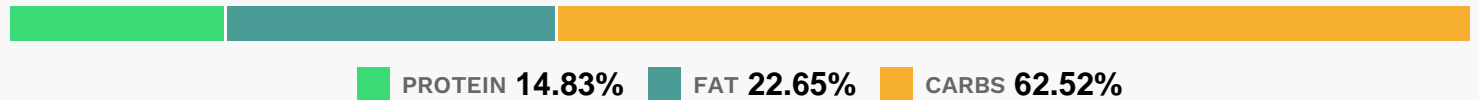
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 450°F.
- Place bread on ungreased cookie sheet.
- Mix remaining ingredients except capers. Spoon onto bread.
- Bake 6 to 8 minutes or until edges of bread are golden brown.
- Cut each bread slice lengthwise into thirds.
- Sprinkle with capers.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:8.57, Inflammation Score:-3, Nutrition Score:4.2313043118009%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 75.89kcal (3.79%), Fat: 1.94g (2.99%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.26g (4.09%), Sugar: 1.02g (1.14%), Cholesterol: 0.57mg (0.19%), Sodium: 436.64mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin B1: 0.16mg (10.48%), Vitamin C: 8.21mg (9.96%), Selenium: 6.43µg (9.19%), Manganese: 0.18mg (9.06%), Folate: 29.71µg (7.43%), Vitamin K: 7.02µg (6.68%), Vitamin B2: 0.11mg (6.36%), Iron: 1.07mg (5.93%), Vitamin B3: 1.16mg (5.81%), Phosphorus: 33.46mg (3.35%), Calcium: 32.47mg (3.25%), Fiber: 0.79g (3.18%), Copper: 0.06mg (3.03%), Vitamin B6: 0.06mg (2.97%), Magnesium: 10.7mg (2.68%), Vitamin A: 100.14IU (2%), Zinc: 0.3mg (1.99%), Potassium: 60.65mg (1.73%), Vitamin E: 0.18mg (1.17%)