



Roasted Red Pepper Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette cut into 28 slices
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup garlic and herb-flavored feta cheese crumbled
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup plum tomatoes finely chopped
- ☐ 0.3 cup purple onion finely chopped

- ☐ 12 ounce roasted peppers red drained finely chopped well
- ☐ 0.5 teaspoon salt
- ☐ 28 servings salt and pepper
- ☐ 1 Dash sugar

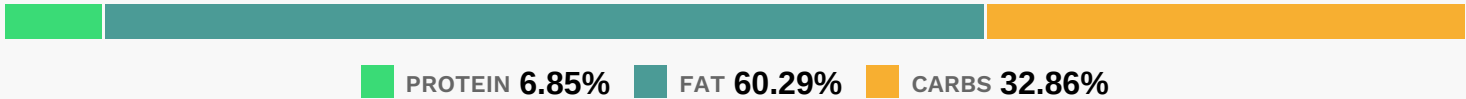
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a bowl.
- ☐ Combine vinegar, 2 tablespoons olive oil, salt, pepper, and sugar; pour over pepper mixture. Toss. Cover and chill until ready to serve.
- ☐ Arrange baguette slices on a large ungreased baking sheet.
- ☐ Brush or drizzle slices with 1/4 cup oil.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 400 for 4 minutes or until barely toasted.
- ☐ Spoon about 1 tablespoon pepper mixture onto each toast; top each with crumbled feta. Broil 5 1/2 " from heat 3 minutes or until bubbly and barely browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:2.0117391192395%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 67.8kcal (3.39%), Fat: 4.62g (7.11%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.25g (1.91%), Sugar: 0.8g (0.89%), Cholesterol: 4.39mg (1.46%), Sodium: 479.36mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin C: 6.33mg (7.68%), Vitamin B1: 0.06mg (3.82%), Manganese: 0.07mg (3.71%), Vitamin E: 0.47mg (3.14%), Folate: 12.41µg (3.1%), Iron: 0.45mg (2.5%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.43µg (2.31%), Selenium: 1.58µg (2.26%), Vitamin A: 98.6IU (1.97%), Vitamin B2: 0.03mg (1.97%), Vitamin B6: 0.04mg (1.81%), Fiber: 0.42g (1.67%), Calcium: 15.75mg (1.57%), Copper: 0.03mg (1.53%), Phosphorus: 12.61mg (1.26%), Potassium: 42.74mg (1.22%), Magnesium: 4.47mg (1.12%)