



Roasted Tomato and Fresh Mozzarella Bruschetta

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 8 ounces bread crumbs italian
- 1 medium bay leaves dried crushed
- 8 ounces mozzarella fresh very thin cut into slices
- 1 medium garlic clove
- 0.5 teaspoon granulated sugar
- 10 servings kosher salt

- 2 tablespoons olive oil
- 1 pound roma tomatoes (5 medium tomatoes)
- 2 thyme sprigs fresh

Equipment

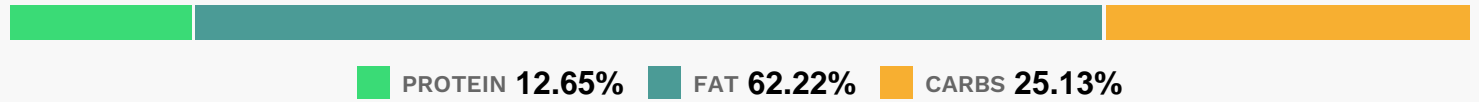
- bowl
- baking sheet
- oven
- grill
- grill pan

Directions

- Heat the oven to 325°F and arrange a rack in the middle. Slice 1/8 inch off both the top and bottom of the tomatoes. Stand each tomato on one end and slice downward, following the curve and cutting just into the flesh, leaving behind the seeds (the pieces you cut off will resemble petals). Discard the seeds and pulpy portion.
- Combine the tomato petals with the remaining ingredients in a medium bowl and toss to coat.
- Spread the tomato petals, cut-side down, on a baking sheet spaced about 1/2 inch apart.
- Pour the remaining contents of the bowl over the tomatoes. Roast the tomatoes until they're shriveled and dark red but still hold their shape, about 45 to 50 minutes. (If you have larger tomatoes, they may take longer.) Cool on the baking sheet.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the bread on the grill (reserve the baking sheet) and cook until grill marks appear and the bread is toasted and crisp, about 2 to 3 minutes per side. Return the grilled bread to the reserved baking sheet, seasoned-side up, and rub the seasoned sides with the garlic clove. To assemble: While the grilled bread pieces are still warm, divide the mozzarella slices among them and season lightly with salt. Divide the roasted tomatoes evenly over the mozzarella. Tear the basil leaves into bite-size pieces and sprinkle over the tomatoes.

Cut the bruschetta into pieces if desired and serve.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:5.235217363938%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 229.21kcal (11.46%), Fat: 15.98g (24.58%), Saturated Fat: 7.74g (48.37%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.12g (4.77%), Sugar: 8.64g (9.6%), Cholesterol: 17.92mg (5.97%), Sodium: 422.55mg (18.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.61%), Calcium: 121.1mg (12.11%), Vitamin A: 541.85IU (10.84%), Phosphorus: 100.4mg (10.04%), Vitamin B12: 0.52µg (8.62%), Vitamin C: 6.63mg (8.04%), Vitamin B3: 1.32mg (6.6%), Folate: 22.81µg (5.7%), Vitamin K: 5.96µg (5.68%), Fiber: 1.4g (5.6%), Selenium: 3.9µg (5.58%), Vitamin B2: 0.09mg (5.57%), Zinc: 0.79mg (5.29%), Potassium: 177.83mg (5.08%), Vitamin E: 0.69mg (4.62%), Iron: 0.77mg (4.28%), Manganese: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.74%), Magnesium: 13.96mg (3.49%), Vitamin B6: 0.05mg (2.48%), Copper: 0.03mg (1.64%)