



 **61%**
HEALTH SCORE

Roma Tomato Bruschetta

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 4 tablespoons olive oil extra virgin
- 1 loaf bread french
- 10 leaves basil fresh
- 10 leaves basil fresh
- 1 clove garlic minced
- 4 servings bell pepper to taste
- 4 servings bell pepper to taste

4 servings salt to taste

4 medium tomatoes

Equipment

frying pan

oven

Directions

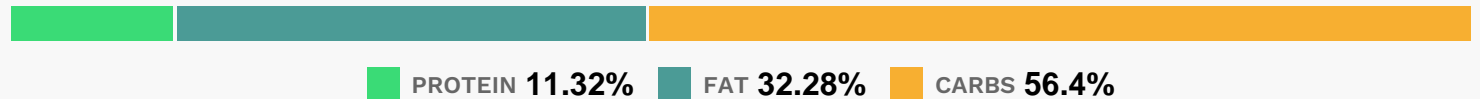
Slice the bread on a bias about 1/2 inch thick. We need about 10-12 slices. Take 2 tablespoons of extra virgin olive oil and add salt and pepper (about 1/3 teaspoon each - as per taste).

Brush this on both sides of the bread.

Place these slices on a sheet pan and bake for about 3-4 minutes in a 400 degree preheated oven till golden brown. Once one side is done, turn over the crostini to the other side to crisp that as well. When the crostini are hot out the oven, rub a garlic clove on them. Chop the tomatoes. Chiffonade the basil and add to the tomatoes.

Add salt, pepper, olive oil and balsamic vinegar and let it rest for a few minutes. Put a generous amount of tomato on the crostini and serve.

Nutrition Facts



Properties

Glycemic Index:100.63, Glycemic Load:43.91, Inflammation Score:-10, Nutrition Score:31.266086956522%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 465.37kcal (23.27%), Fat: 17.13g (26.36%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 67.35g (22.45%), Net Carbohydrates: 60.49g (21.99%), Sugar: 15.32g (17.03%), Cholesterol: 0mg (0%), Sodium: 810.25mg (35.23%),

Protein: 13.52g (27.05%), Vitamin C: 208.26mg (252.43%), Vitamin A: 5821.72IU (116.43%), Vitamin B1: 0.84mg (55.89%), Folate: 211.71µg (52.93%), Manganese: 0.88mg (44.17%), Selenium: 28.86µg (41.23%), Vitamin B3: 7.04mg (35.19%), Vitamin E: 5.27mg (35.1%), Vitamin K: 36.53µg (34.79%), Vitamin B2: 0.58mg (34.1%), Vitamin B6: 0.65mg (32.61%), Iron: 5.11mg (28.4%), Fiber: 6.86g (27.44%), Potassium: 742.42mg (21.21%), Phosphorus: 177.33mg (17.73%), Magnesium: 66.16mg (16.54%), Copper: 0.26mg (13.2%), Zinc: 1.66mg (11.05%), Vitamin B5: 0.93mg (9.25%), Calcium: 82.93mg (8.29%)