



## Smoky Tomato Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 slices bread crumbs italian (1/)
- 0.3 cup olive oil
- 2 cloves garlic
- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 0.3 cup cheddar cheese shredded italian
- 1 tablespoon lemon zest grated

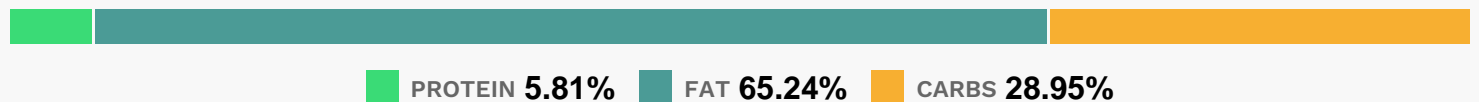
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375°F.
- Place bread slices on ungreased cookie sheet.
- Drizzle 1 teaspoon olive oil over each slice of bread.
- Bake 6 to 8 minutes or until golden brown.
- While hot, gently rub peeled garlic over each bread slice, then place back on cookie sheet.
- In small bowl, stir drained tomatoes, salt and pepper. Spoon tomatoes onto bread slices, and top with cheese.
- Bake 2 to 3 minutes or until cheese is melted.
- Serve warm topped with lemon peel.

## Nutrition Facts



## Properties

Glycemic Index:7.42, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.8530434713415%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 169.95kcal (8.5%), Fat: 12.37g (19.02%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.31g (4.11%), Sugar: 7.01g (7.78%), Cholesterol: 2.35mg (0.78%), Sodium: 191.01mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin B3: 0.91mg (4.54%), Vitamin E: 0.67mg (4.45%), Fiber: 1.04g (4.15%), Iron: 0.65mg (3.62%), Folate: 13.18µg (3.3%), Vitamin A: 161.13IU (3.22%), Calcium: 28.76mg (2.88%), Vitamin K: 2.84µg (2.71%), Vitamin B1: 0.03mg (2%), Phosphorus: 19.07mg (1.91%), Vitamin B2: 0.03mg

(1.73%), Vitamin C: 1.42mg (1.72%), Potassium: 48.63mg (1.39%), Magnesium: 4.31mg (1.08%), Selenium: 0.74µg (1.06%)