



Smoky Tomato Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

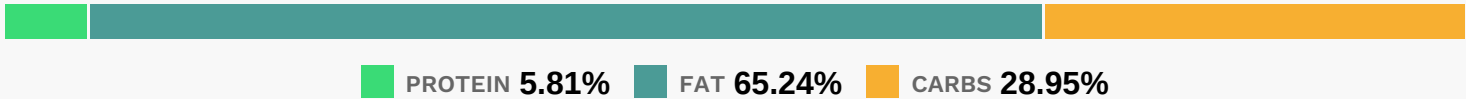
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F.
- ☐ 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%)