



Strawberry Bruschetta

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 12 oz bread baguette french
- 3 tablespoons basil fresh thinly sliced
- 10.5 oz goat cheese log softened
- 1 cup grape tomatoes quartered
- 1 nectarines diced
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground

- 0.3 teaspoon salt
- 1 shallots minced
- 1.5 cups strawberries fresh sliced
- 1 teaspoon sugar

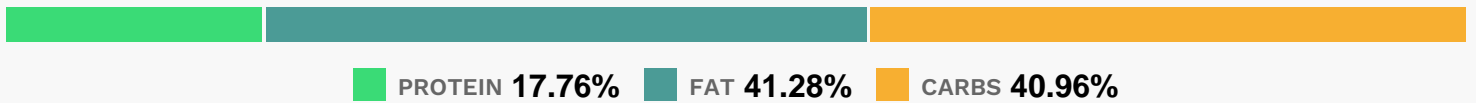
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 37
- Stir together strawberries, nectarine, grape tomatoes, basil, minced shallot, olive oil, balsamic vinegar, sugar, freshly ground pepper, and salt.
- Split baguette in half; cut each half crosswise into 4 equal pieces.
- Spread cut sides of bread with goat cheese.
- Place bread pieces on a baking sheet, and bake 13 to 15 minutes or until thoroughly heated.
- Remove from oven, and top with strawberry mixture.
- Cut into 2-inch slices.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:12.72, Inflammation Score:-5, Nutrition Score:7.7795651995617%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-

gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,
Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg,
Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 180.32kcal (9.02%), Fat: 8.37g (12.88%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 18.69g (6.23%), Net
Carbohydrates: 17.27g (6.28%), Sugar: 4.37g (4.85%), Cholesterol: 11.41mg (3.8%), Sodium: 313.4mg (13.63%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Vitamin C: 12.88mg (15.62%), Vitamin B1: 0.23mg
(15.55%), Manganese: 0.3mg (14.92%), Vitamin B2: 0.23mg (13.29%), Copper: 0.26mg (12.84%), Selenium: 8.91µg
(12.73%), Folate: 45.82µg (11.45%), Phosphorus: 105.69mg (10.57%), Iron: 1.8mg (10.02%), Vitamin B3: 1.76mg (8.8%),
Vitamin A: 428.49IU (8.57%), Vitamin B6: 0.12mg (6.11%), Vitamin K: 6.03µg (5.74%), Fiber: 1.43g (5.71%), Calcium:
56.64mg (5.66%), Magnesium: 19.02mg (4.75%), Vitamin E: 0.64mg (4.25%), Zinc: 0.61mg (4.07%), Potassium:
124.27mg (3.55%), Vitamin B5: 0.33mg (3.28%)