



Summer Savory Bruschetta Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



3

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup basil leaves loosely packed very thinly sliced
- 2 tablespoons savory fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 clove garlic minced
- 0.3 teaspoon garlic powder
- 3 servings salt and ground pepper black to taste
- 1.5 tablespoons olive oil
- 1.5 pounds roma tomatoes diced (plum)

Equipment

bowl

Directions

Mix 1/4 cup olive oil with basil, savory, thyme, garlic powder, minced garlic, salt, and black pepper in a large bowl. Stir tomatoes into the herb-seasoned oil. If desired, add 1 1/2 tablespoon more olive oil for richness.

Let the topping stand for 1 hour to blend flavors before serving.

Nutrition Facts

PROTEIN 7.93% **FAT 56.11%** **CARBS 35.96%**

Properties

Glycemic Index:73.33, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:11.879130410111%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 111.87kcal (5.59%), Fat: 7.6g (11.69%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 7.19g (2.61%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 12.46mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin A: 2209.77IU (44.2%), Vitamin C: 36.27mg (43.96%), Vitamin K: 33.38µg (31.79%), Manganese: 0.44mg (22.13%), Potassium: 581.99mg (16.63%), Fiber: 3.77g (15.08%), Vitamin E: 2.26mg (15.05%), Vitamin B6: 0.23mg (11.73%), Iron: 1.69mg (9.38%), Folate: 37.05µg (9.26%), Magnesium: 36.03mg (9.01%), Copper: 0.17mg (8.7%), Vitamin B3: 1.48mg (7.39%), Calcium: 67.8mg (6.78%), Phosphorus: 62.99mg (6.3%), Vitamin B1: 0.09mg (6.27%), Zinc: 0.53mg (3.51%), Vitamin B2: 0.06mg (3.4%), Vitamin B5: 0.23mg (2.26%)