



Sun-Dried Tomato and Bacon Bruschetta

READY IN



50 min.

SERVINGS



24

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 slices bread french baguette-style () (from 10-ounce loaf)
- 0.5 cup sun-dried olives packed in oil
- 0.5 cup bacon cooked chopped
- 2 ounces fontina shredded finely
- 0.3 cup parsley fresh finely chopped

Equipment

- bowl
- frying pan

oven

sieve

Directions

Heat oven to 400°.

Place bread slices in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.

Place tomatoes in strainer over small bowl; press tomatoes to drain oil into bowl (2 to 3 tablespoons oil is needed).

Brush oil on bread.

Bake 5 to 7 minutes or until crisp.

Top bread slices with tomatoes, bacon and cheese.

Bake about 5 minutes or until cheese is melted.

Sprinkle with parsley.

Serve warm.

Nutrition Facts

 **PROTEIN 17.17%** **FAT 14.2%** **CARBS 68.63%**

Properties

Glycemic Index:7.06, Glycemic Load:25.92, Inflammation Score:-4, Nutrition Score:9.5904347443062%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 200.43kcal (10.02%), Fat: 3.18g (4.9%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.9g (11.96%), Sugar: 3.86g (4.29%), Cholesterol: 5.07mg (1.69%), Sodium: 446.53mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Vitamin B1: 0.48mg (32.05%), Selenium: 19.97µg (28.52%), Folate: 81.37µg (20.34%), Manganese: 0.38mg (18.98%), Vitamin B3: 3.55mg (17.76%), Vitamin B2: 0.3mg (17.38%), Iron: 2.78mg (15.43%), Vitamin K: 11.74µg (11.19%), Phosphorus: 93.03mg (9.3%), Fiber: 1.71g (6.84%), Copper: 0.13mg (6.69%), Magnesium: 26.3mg (6.57%), Zinc: 0.87mg (5.82%), Calcium: 49.92mg (4.99%), Potassium: 170.21mg (4.86%), Vitamin B6: 0.09mg (4.56%), Vitamin B5: 0.3mg (3.01%), Vitamin C: 1.73mg (2.1%),

Vitamin A: 95.12IU (1.9%), Vitamin B12: 0.07 μ g (1.09%), Vitamin E: 0.16mg (1.04%)