



Ten-Minute Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crusty baguette toasted (1/)
- 14.5 oz canned tomatoes diced organic drained canned
- 2 tablespoons basil fresh chopped
- 1 clove garlic finely chopped
- 1 tablespoon olive oil extra virgin extra-virgin

Equipment

- bowl

Directions

- In medium bowl, mix tomatoes, basil, olive oil and garlic.
- Spoon mixture onto toasted bread slices.
- Serve immediately.

Nutrition Facts



PROTEIN 12.84% **FAT 24.7%** **CARBS 62.46%**

Properties

Glycemic Index:13.11, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:2.5169565003851%

Nutrients (% of daily need)

Calories: 43.83kcal (2.19%), Fat: 1.24g (1.91%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.34g (2.3%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 99.67mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin B1: 0.08mg (5.44%), Manganese: 0.1mg (5.12%), Vitamin B3: 0.8mg (4%), Iron: 0.72mg (3.98%), Folate: 14.89µg (3.72%), Vitamin E: 0.48mg (3.2%), Vitamin K: 3.25µg (3.09%), Copper: 0.06mg (3.07%), Vitamin C: 2.47mg (2.99%), Fiber: 0.72g (2.88%), Selenium: 2.01µg (2.87%), Vitamin B2: 0.05mg (2.82%), Vitamin B6: 0.05mg (2.62%), Potassium: 89.96mg (2.57%), Calcium: 20.69mg (2.07%), Magnesium: 8.11mg (2.03%), Phosphorus: 18.75mg (1.87%), Vitamin A: 68.44IU (1.37%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.05%)