



Tomato and Basil Topping



Vegetarian



Vegan



Dairy Free

READY IN



18 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 10 basil leaves fresh shredded finely
- ☐ 8 servings pepper black freshly ground
- ☐ 0.8 inch peasant bread italian
- ☐ 4 large garlic cloves paper thin halved sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings sea salt
- ☐ 2 medium tomatoes cored ripe seeded

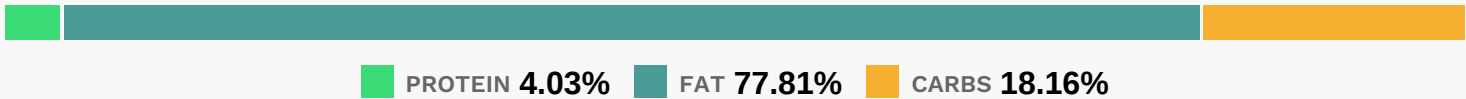
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat the grill or broiler.
- ☐ In a medium bowl, combine the tomatoes, basil, black pepper, and sliced garlic. Set aside.
- ☐ Grill or toast the bread slices until golden brown, about 2 to 4 minutes per side. Rub 1 side of each bread slice with the cut side of the garlic cloves, then brush with some of the olive oil.
- ☐ Season the tomato mixture with salt, and spoon some of the tomato mixture on each bread slice.
- ☐ Sprinkle with salt and serve the hot bruschetta immediately.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:1.8808695544367%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 39.73kcal (1.99%), Fat: 3.59g (5.52%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 196.82mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin K: 6.81µg (6.49%), Vitamin C: 4.77mg (5.78%), Vitamin A: 283.21IU (5.66%), Vitamin E: 0.68mg (4.51%), Manganese: 0.08mg (4.1%), Potassium: 82.11mg (2.35%), Vitamin B6: 0.04mg (2.23%), Fiber: 0.44g (1.77%), Copper: 0.03mg (1.32%), Folate: 5.22µg (1.3%), Magnesium: 4.35mg (1.09%), Vitamin B3: 0.21mg (1.06%), Phosphorus: 10.42mg (1.04%), Vitamin B1: 0.02mg (1.04%)