



## Tomato and Bean Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 ounces country bread white toasted diagonally sliced into 8 (1/4-inch) pieces and
- 1 cup .5 can cannellini beans cooked
- 4 teaspoons olive oil extravirgin
- 0.3 cup basil fresh thinly sliced
- 1 garlic clove minced
- 1 Dash pepper red crushed
- 1 cup plum tomatoes peeled seeded chopped
- 0.5 teaspoon salt

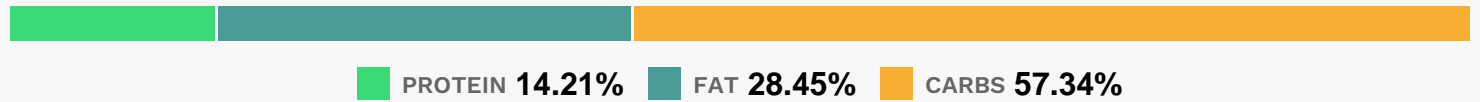
# Equipment

- frying pan

# Directions

- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add tomato and garlic; cook 2 minutes, stirring constantly.
- Add cannellini beans, salt, and red pepper to pan, mashing beans with a fork. Cook 1 minute or until thoroughly heated.
- Remove from heat.
- Spread bean mixture evenly over each bread slice; drizzle each slice with 1/2 teaspoon extravirgin olive oil, and then top each with 1 1/2 teaspoons basil.

# Nutrition Facts



# Properties

Glycemic Index:53.19, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:7.0317392141923%

# Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

# Nutrients (% of daily need)

Calories: 156.3kcal (7.82%), Fat: 5.15g (7.93%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 19.81g (7.2%), Sugar: 3.08g (3.43%), Cholesterol: 0mg (0%), Sodium: 525.76mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Fiber: 3.55g (14.22%), Manganese: 0.27mg (13.31%), Vitamin K: 13.4µg (12.76%), Iron: 2.17mg (12.05%), Vitamin A: 579.58IU (11.59%), Vitamin B1: 0.17mg (11.18%), Vitamin C: 8.61mg (10.43%), Folate: 41.39µg (10.35%), Calcium: 96.9mg (9.69%), Selenium: 6.69µg (9.56%), Vitamin B3: 1.72mg (8.61%), Vitamin E: 0.98mg (6.53%), Potassium: 181.37mg (5.18%), Phosphorus: 48.29mg (4.83%), Vitamin B2: 0.08mg (4.79%), Vitamin B6: 0.09mg (4.28%), Copper: 0.08mg (3.93%), Magnesium: 15.35mg (3.84%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.21mg (2.12%)