



# Tomato and Mozzarella Bruschetta with Basil Oil

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 baguette sliced
- 1 tablespoon balsamic vinegar
- 3 cups tightly basil leaves packed
- 1.5 cups olive oil extra virgin
- 2 cloves garlic
- 1 cup mozzarella cheese fresh diced
- 1.5 pounds roma tomatoes diced seeded

- 4 servings salt

## Equipment

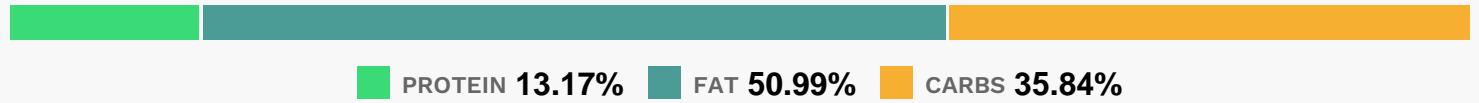
- bowl
- sauce pan
- oven
- sieve
- blender
- slotted spoon

## Directions

- Special equipment: strainer, small cruet or jar
- Place diced tomatoes on a VIVA towel and salt.
- Let sit for 20 minutes.
- Remove to a bowl and mix together with mozzarella and vinegar. Season with salt to taste.
- Let stand at room temperature while toasting the bread.
- Place bread slices on a sheet tray in a single layer and bake until edges are golden, turning bread halfway through. Rub one side of toasted bread with raw garlic. To assemble, place a mound of tomato mixture onto slices and drizzle with basil oil.
- Serve immediately. Basil Oil Preparation: Bring a saucepan of water to a boil. Fill a bowl with ice water. Drop the basil leaves into the boiling water and submerge them for 5 seconds.
- Remove them to the ice bath using a spider or slotted spoon. Work quickly. You don't want the basil leaves in the boiling water for too long. Blanching the leaves and then shocking them in ice water will preserve the bright green color.
- Remove the basil from the water and squeeze dry using VIVA towels. You want the basil as dry as possible.
- Remove basil to a blender with the oil. Puree until the mixture is well combined.
- Place a strainer inside a bowl. Dampen a VIVA towel with water and line the towel inside the strainer.
- Pour the basil oil into the strainer. It takes awhile for the oil to strain through. You may need to squeeze it gently to help along the oil.

Pour strained basil oil into the neck of a small cruet or a small sterilized jar. Cover the jar or cruet tightly and refrigerate. Use within four days.

## Nutrition Facts



## Properties

Glycemic Index:71.69, Glycemic Load:23.14, Inflammation Score:-9, Nutrition Score:22.721304520317%

## Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 429.6kcal (21.48%), Fat: 24.63g (37.89%), Saturated Fat: 6.31g (39.47%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 35.27g (12.83%), Sugar: 8.36g (9.29%), Cholesterol: 22.12mg (7.37%), Sodium: 766.32mg (33.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin K: 100.43µg (95.65%), Vitamin A: 2555.82IU (51.12%), Manganese: 0.73mg (36.49%), Vitamin C: 27.01mg (32.74%), Vitamin B1: 0.44mg (29.61%), Folate: 106.63µg (26.66%), Calcium: 259.97mg (26%), Vitamin E: 3.63mg (24.21%), Selenium: 15.78µg (22.54%), Phosphorus: 212.45mg (21.25%), Vitamin B3: 4.05mg (20.25%), Vitamin B2: 0.33mg (19.27%), Iron: 3.46mg (19.2%), Potassium: 565.71mg (16.16%), Fiber: 3.67g (14.69%), Magnesium: 52.94mg (13.24%), Vitamin B6: 0.26mg (12.9%), Copper: 0.25mg (12.7%), Zinc: 1.77mg (11.78%), Vitamin B12: 0.64µg (10.64%), Vitamin B5: 0.47mg (4.74%)