



Tomato-Artichoke Bruschetta with Feta

 Vegetarian

READY IN



20 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 0.5 cup artichoke hearts dry with paper towels drained coarsely chopped (from 14-oz can)
- 1.5 teaspoons thyme sprigs fresh chopped
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 teaspoon balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 8 oz crusty baguette toasted (1/)
- 2 oz feta cheese crumbled

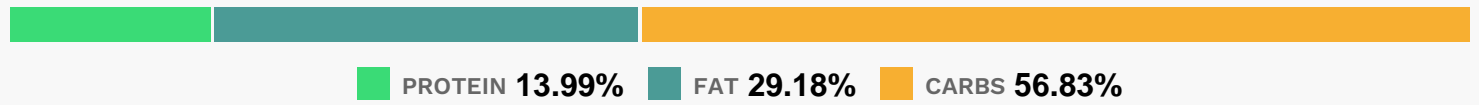
Equipment

bowl

Directions

- In medium bowl, mix tomatoes, artichokes, thyme, oil, vinegar and pepper.
- Spoon tomato mixture onto toasted baguette slices. Top with feta cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.41, Glycemic Load:3.17, Inflammation Score:-2, Nutrition Score:1.5269565256717%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 42.71kcal (2.14%), Fat: 1.35g (2.08%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.95g (1.06%), Cholesterol: 2.1mg (0.7%), Sodium: 152.47mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin B1: 0.06mg (3.91%), Vitamin B2: 0.05mg (2.99%), Selenium: 1.98µg (2.83%), Calcium: 27.32mg (2.73%), Folate: 10.93µg (2.73%), Iron: 0.46mg (2.56%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.45mg (2.27%), Fiber: 0.52g (2.08%), Phosphorus: 17.13mg (1.71%), Vitamin A: 84.48IU (1.69%), Vitamin B6: 0.02mg (1.02%)