



Tomato Basil Crostini

READY IN



25 min.

SERVINGS



32

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 slices bread french
- 0.3 cup vegetable oil
- 2 cups roma tomatoes diced (plum)
- 3 cloves garlic finely chopped
- 0.5 cup parmesan shredded
- 2 tablespoons basil fresh chopped
- 0.5 teaspoon salt

Equipment

baking sheet

oven

Directions

Heat oven to 425°F.

Place bread on ungreased cookie sheet.

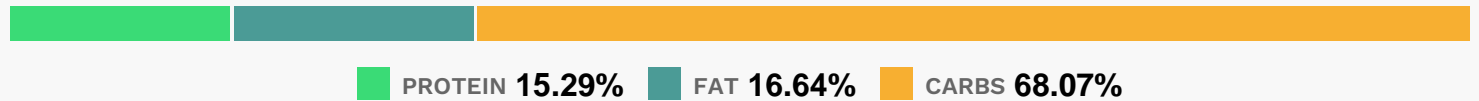
Brush 2 tablespoons of the oil on bread.

Bake 4 to 5 minutes or until light golden brown.

Mix tomatoes, remaining 2 tablespoons oil, the garlic, cheese, basil and salt.

Place about 1 tablespoon tomato mixture on each warm bread slice.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:25.8, Inflammation Score:-4, Nutrition Score:8.7613043210105%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 198.37kcal (9.92%), Fat: 3.69g (5.67%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 32.34g (11.76%), Sugar: 3.36g (3.73%), Cholesterol: 1.06mg (0.35%), Sodium: 447.44mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Vitamin B1: 0.46mg (30.74%), Selenium: 18.7µg (26.71%), Folate: 81.14µg (20.29%), Manganese: 0.36mg (17.94%), Vitamin B2: 0.28mg (16.57%), Vitamin B3: 3.18mg (15.9%), Iron: 2.56mg (14.25%), Phosphorus: 82.09mg (8.21%), Fiber: 1.59g (6.37%), Magnesium: 22.95mg (5.74%), Calcium: 54.01mg (5.4%), Copper: 0.11mg (5.39%), Vitamin K: 5.3µg (5.05%), Zinc: 0.74mg (4.92%), Vitamin B6: 0.09mg (4.27%), Potassium: 112.87mg (3.22%), Vitamin A: 142IU (2.84%), Vitamin C: 2.14mg (2.59%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.24mg (2.36%)