



Tomato Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons basil fresh
- 2 hot dog buns split
- 6 kalamata olives pitted roughly chopped
- 4 servings kosher salt and pepper
- 4 tablespoons olive oil
- 6 roma tomatoes diced seeded (plum)

Equipment

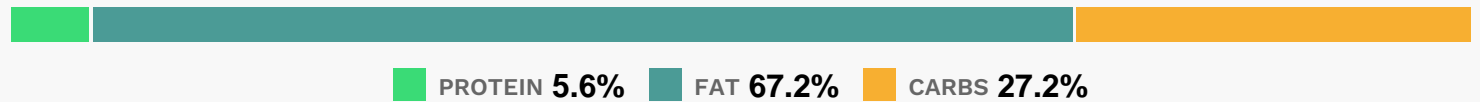
- bowl

- baking sheet
- broiler
- rolling pin

Directions

- Heat broiler. With a rolling pin, roll the bun halves until flattened.
- Place on a baking sheet and brush both sides of the buns with 2 tablespoons of the oil. Broil until golden brown, about 1 minute per side. In a bowl, combine the tomatoes, olives, oregano or basil, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the remaining oil.
- Transfer the buns to a platter and spoon the tomatoes over the top.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:7.32, Inflammation Score:-6, Nutrition Score:7.3456522304079%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 15.94g (24.53%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.81g (4.66%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 397.33mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 21.03µg (20.03%), Vitamin E: 2.81mg (18.75%), Vitamin A: 851.23IU (17.02%), Vitamin C: 13.2mg (16%), Manganese: 0.24mg (11.78%), Vitamin B1: 0.15mg (10.09%), Folate: 34.78µg (8.7%), Selenium: 5.84µg (8.34%), Vitamin B3: 1.46mg (7.32%), Potassium: 251.99mg (7.2%), Fiber: 1.71g (6.85%), Iron: 1.12mg (6.23%), Vitamin B2: 0.08mg (4.82%), Vitamin B6: 0.09mg (4.56%), Calcium: 45.05mg (4.5%), Copper: 0.09mg (4.46%), Phosphorus: 44.58mg (4.46%), Magnesium: 16.42mg (4.11%), Zinc: 0.32mg (2.16%)