



## Tomato Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons balsamic vinegar
- 10 servings pepper black freshly ground
- 8 ounces bread crumbs italian
- 1 medium garlic clove
- 10 servings kosher salt
- 2 tablespoons olive oil
- 1.5 pounds roma tomatoes cored seeded

### Equipment

- bowl
- baking sheet
- whisk
- grill
- grill pan

## Directions

- Place the balsamic vinegar in a medium, nonreactive bowl and whisk in the olive oil in a slow stream.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the bread on the grill (reserve the baking sheet) and cook until grill marks appear and the bread is toasted and crisp, about 2 to 3 minutes per side. Return the grilled bread to the reserved baking sheet seasoned-side up and rub the seasoned sides with the garlic clove. To assemble: Divide the tomato mixture evenly among the bread slices. Tear the basil leaves into bite-size pieces and sprinkle over the bruschetta.
- Cut into smaller pieces if desired and serve.

## Nutrition Facts



**PROTEIN 5.89%** **FAT 58.76%** **CARBS 35.35%**

## Properties

Glycemic Index:15, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:3.8486956775836%

## Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg 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: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 165.13kcal (8.26%), Fat: 10.95g (16.84%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.95g (9.95%), Cholesterol: 0mg (0%), Sodium: 281.69mg (12.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 9.41mg (11.41%), Vitamin A: 567.34IU (11.35%), Vitamin B3: 1.43mg (7.14%), Vitamin K: 7.23µg (6.89%), Fiber: 1.64g (6.57%), Folate: 24.52µg (6.13%), Potassium: 214.19mg (6.12%), Vitamin E: 0.77mg (5.15%), Manganese: 0.1mg (4.86%), Iron: 0.7mg (3.89%), Vitamin B1: 0.06mg (3.84%), Magnesium: 11.71mg (2.93%), Vitamin B6: 0.06mg (2.92%), Phosphorus: 25.53mg (2.55%), Copper: 0.04mg (2.14%), Vitamin B2: 0.03mg (1.99%), Zinc: 0.17mg (1.11%)