



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
- 6 medium basil fresh

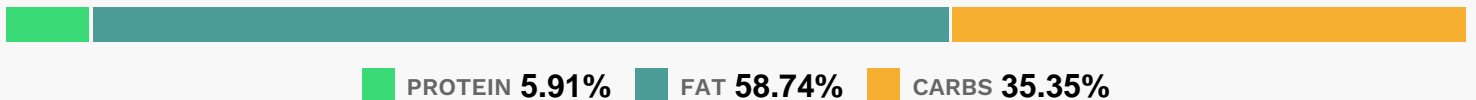
Equipment

- 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



Properties

Glycemic Index:22, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:3.9230434768226%

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: 165.18kcal (8.26%), Fat: 10.95g (16.84%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.95g (9.95%), Cholesterol: 0mg (0%), Sodium: 281.7mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 580IU (11.6%), Vitamin C: 9.46mg (11.46%), Vitamin K: 8.23µg (7.83%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.65g (6.58%), Folate: 24.68µg (6.17%), Potassium: 214.89mg (6.14%), Vitamin E: 0.77mg (5.16%), Manganese: 0.1mg (4.99%), Iron: 0.71mg (3.93%), Vitamin B1: 0.06mg (3.85%), Magnesium: 11.86mg (2.97%), Vitamin B6: 0.06mg (2.94%), Phosphorus: 25.66mg (2.57%), Copper: 0.04mg (2.19%), Vitamin B2: 0.03mg (2%), Zinc: 0.17mg (1.13%)