



Tomato Bruschetta Dijon

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black sliced
- 2 Tbsp grey poupon dijon mustard
- 55 servings bread french baguette-style toasted sliced
- 0.5 cup green onions sliced
- 2 Tbsp olive oil
- 2 cups tomatoes chopped
- 1 Tbsp heinz red wine vinegar

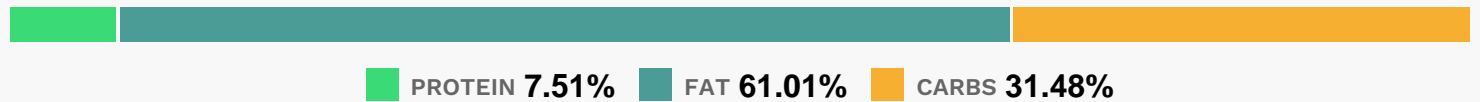
Equipment

- bowl
- whisk

Directions

- Mix mustard, oil and vinegar with wire whisk until well blended. Toss tomatoes, onions and olives in large bowl.
- Add mustard mixture; mix lightly. Cover.
- Refrigerate at least 30 minutes to allow flavors to blend.
- Spoon 1 Tbsp. of the tomato mixture onto each toast slice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:0.57608695716962%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 10.65kcal (0.53%), Fat: 0.75g (1.16%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.22g (0.25%), Cholesterol: 0mg (0%), Sodium: 31.61mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 2.65µg (2.52%), Vitamin A: 59.41IU (1.19%), Vitamin C: 0.92mg (1.11%), Vitamin E: 0.16mg (1.06%)