



Tomato-Goat Cheese Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz crusty baguette toasted (1/)
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 8 oz goat cheese soft cut into 8 (1-inch) slices
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper red crushed

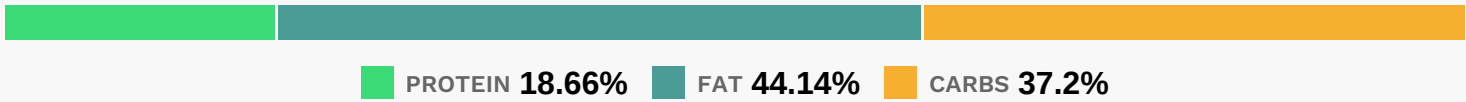
Equipment

☐ oven

Directions

- ☐ Heat oven to 350F. In ungreased 1-quart shallow ovenproof gratin dish or 9-inch glass pie plate, place cheese in single layer.
- ☐ Sprinkle tomatoes, olives, thyme leaves and pepper flakes over cheese.
- ☐ Drizzle with olive oil.
- ☐ Bake 15 to 20 minutes or until warm.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:6.95, Inflammation Score:-4, Nutrition Score:5.4199999985488%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 124.48kcal (6.22%), Fat: 6.2g (9.54%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 10.58g (3.85%), Sugar: 2.58g (2.87%), Cholesterol: 8.69mg (2.9%), Sodium: 276.17mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Copper: 0.23mg (11.43%), Vitamin B1: 0.15mg (9.98%), Vitamin B2: 0.15mg (8.92%), Manganese: 0.17mg (8.64%), Iron: 1.51mg (8.41%), Phosphorus: 77.71mg (7.77%), Vitamin B3: 1.37mg (6.86%), Folate: 27.11µg (6.78%), Vitamin B6: 0.12mg (6.03%), Calcium: 60.24mg (6.02%), Vitamin A: 300.21IU (6%), Selenium: 4.02µg (5.74%), Vitamin E: 0.81mg (5.39%), Fiber: 1.18g (4.71%), Vitamin C: 3.42mg (4.14%), Magnesium: 15.43mg (3.86%), Potassium: 131.74mg (3.76%), Vitamin K: 3.51µg (3.34%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.42mg (2.81%)