



Tomato-Goat Cheese Bruschetta

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz canned tomatoes diced organic drained muir glen® 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

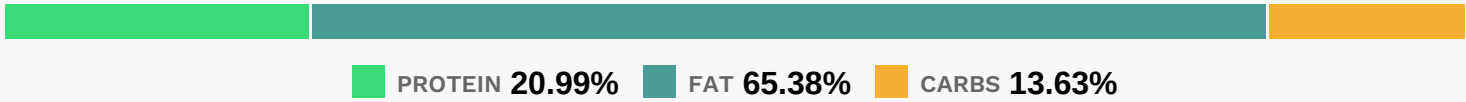
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350°F. 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:6.92, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:3.468260894651%

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: 75.53kcal (3.78%), Fat: 5.69g (8.75%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.69g (1.88%), Cholesterol: 8.69mg (2.9%), Sodium: 159.37mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Copper: 0.21mg (10.29%), Vitamin A: 300.21IU (6%), Phosphorus: 59.76mg (5.98%), Vitamin B2: 0.09mg (5.35%), Vitamin B6: 0.1mg (5.05%), Vitamin E: 0.75mg (5.02%), Iron: 0.86mg (4.78%), Manganese: 0.09mg (4.26%), Vitamin C: 3.42mg (4.14%), Calcium: 40.39mg (4.04%), Fiber: 0.78g (3.13%), Potassium: 108.3mg (3.09%), Vitamin K: 2.94µg (2.8%), Vitamin B1: 0.04mg (2.65%), Magnesium: 10.51mg (2.63%), Vitamin B3: 0.51mg (2.57%), Vitamin B5: 0.23mg (2.25%), Zinc: 0.27mg (1.82%), Folate: 6.89µg (1.72%), Selenium: 0.77µg (1.1%)