



Tomato, Mozzarella & Thai Basil Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices sesame bread
- ☐ 12 servings mozzarella cheese fresh sliced
- ☐ 0.5 garlic clove
- ☐ 10 ounces grape tomatoes halved
- ☐ 12 servings sea salt and pepper black freshly ground
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 small shallots minced
- ☐ 12 servings thai basil leaves

☐ 1 tablespoon unseasoned rice vinegar

Equipment

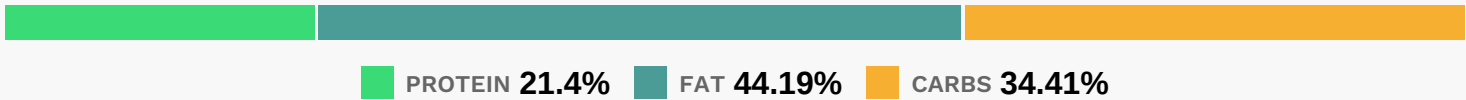
☐ bowl

☐ grill

Directions

- ☐ Grill bread slices and rub with garlic clove.
- ☐ In a bowl, combine tomatoes, shallot, sesame oil, and rice vinegar. Season with sea salt and pepper; let sit for 15 minutes.
- ☐ Put sliced fresh mozzarella on toasts. Spoon tomato mixture over mozzarella and garnish with Thai basil leaves. Season with sea salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:7.68, Inflammation Score:-5, Nutrition Score:8.1204347610474%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 177.92kcal (8.9%), Fat: 8.76g (13.48%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 13.81g (5.02%), Sugar: 2.69g (2.99%), Cholesterol: 22.12mg (7.37%), Sodium: 309.58mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.09%), Manganese: 0.41mg (20.69%), Selenium: 12.88µg (18.41%), Calcium: 183.82mg (18.38%), Phosphorus: 143.68mg (14.37%), Vitamin K: 12.52µg (11.93%), Vitamin B12: 0.64µg (10.64%), Vitamin A: 492.77IU (9.86%), Vitamin B2: 0.16mg (9.21%), Vitamin B1: 0.13mg (8.97%), Vitamin B3: 1.76mg (8.79%), Folate: 31.39µg (7.85%), Zinc: 1.18mg (7.84%), Iron: 1.3mg (7.2%), Fiber: 1.53g (6.12%), Magnesium: 21.61mg (5.4%), Vitamin C: 3.86mg (4.68%), Potassium: 131.47mg (3.76%), Vitamin B6: 0.07mg (3.62%), Copper: 0.07mg (3.49%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.27mg (1.79%)