



## Tomato, Red Onion, and Basil Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 tablespoons balsamic vinegar
- 2 cups cherry assorted halved quartered (or if large)
- 1 large loaf flour halved for another use (reserve half )
- 3 tablespoons basil fresh chopped
- 1 garlic clove peeled halved
- 3 tablespoons olive oil plus additional for brushing
- 0.5 small onion red finely chopped

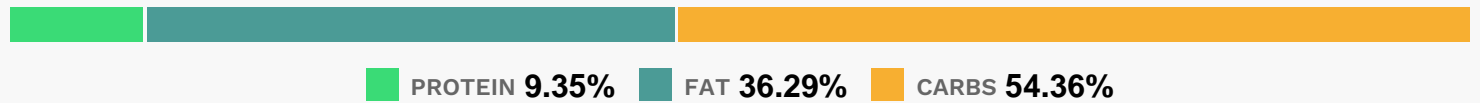
### Equipment

- bowl
- baking sheet
- broiler

## Directions

- Combine halved tomatoes, finely chopped onion, 3 tablespoons olive oil, chopped fresh basil, and balsamic vinegar in medium bowl; season tomato topping with salt and pepper. DO AHEAD: Topping can be made 2 hours ahead. Cover and let stand at room temperature, tossing occasionally.
- Preheat broiler.
- Place focaccia half, cut side up, on baking sheet; brush bread with olive oil. Toast bread in broiler until top is golden brown, watching closely to avoid burning, about 2 minutes. Immediately rub cut side of bread all over with halved garlic, then cut focaccia crosswise into 4 equal pieces.
- Top toasted focaccia with tomato mixture and serve.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:20.16, Inflammation Score:-5, Nutrition Score:4.8413043877353%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

## Nutrients (% of daily need)

Calories: 376.99kcal (18.85%), Fat: 15.52g (23.87%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 49.51g (18.01%), Sugar: 5.06g (5.62%), Cholesterol: 0mg (0%), Sodium: 538.73mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 18.5µg (17.62%), Vitamin C: 11.73mg (14.22%), Vitamin A: 700.05IU (14%), Vitamin E: 1.93mg (12.86%), Fiber: 2.78g (11.11%), Manganese: 0.14mg (7.01%), Potassium: 210.9mg (6.03%), Vitamin B6: 0.09mg (4.39%), Folate: 14.83µg (3.71%), Copper: 0.06mg (2.94%),

Magnesium: 11.44mg (2.86%), Phosphorus: 25mg (2.5%), Vitamin B3: 0.48mg (2.39%), Vitamin B1: 0.04mg (2.39%),  
Iron: 0.39mg (2.18%), Calcium: 16.35mg (1.63%), Vitamin B2: 0.02mg (1.17%), Zinc: 0.18mg (1.17%)