

food
network

 **100%**
HEALTH SCORE

Tuna Bruschetta: Bruschetta con Tonno e Menta

 Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 inch peasant bread italian toasted
- ☐ 1 large pieces bread crumbs made from 1 bread fresh white
- ☐ 0.5 cup tomatoes canned crushed
- ☐ 1 pinch chili flakes
- ☐ 1 pound tuna fresh
- ☐ 2 cloves garlic
- ☐ 2 tablespoons milk

- ☐ 4 tablespoons olive oil extra-virgin for drizzling
- ☐ 0.5 bunch parsley chopped
- ☐ 6 servings salt and pepper black freshly ground

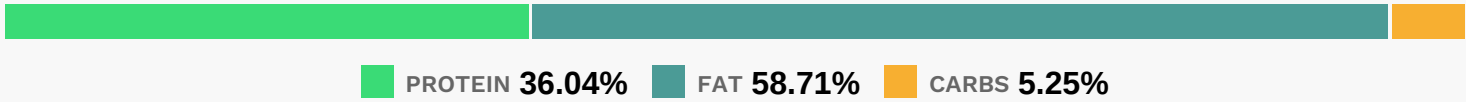
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a 12-inch saute pan, heat the olive oil over high heat until hot, but not smoking.
- ☐ Add the tuna and cook until white and just cooked, about 5 minutes.
- ☐ Add the garlic, and tomatoes. Season, to taste, with salt and pepper. Cook over medium heat for 5 minutes, stirring occasionally.
- ☐ Add parsley.
- ☐ Meanwhile, soak the bread crumbs in the milk.
- ☐ Remove the garlic from the saute pan, and discard.
- ☐ Add the soaked bread to the pan. Season the mixture again with salt and pepper. Use a fork to gently mash the mixture.
- ☐ Drizzle with some olive oil and sprinkle with chili flakes.
- ☐ Place the mixture into a mixing bowl. Either spoon on the toasted breads and serve, or serve the mixture in the bowl, surrounded by the bread.

Nutrition Facts



Properties

Glycemic Index:38.11, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:20.838695733444%

Flavonoids

Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:

0.07mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 205.85kcal (10.29%), Fat: 13.33g (20.5%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.21g (1.34%), Cholesterol: 29.33mg (9.78%), Sodium: 64.04mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.81%), Vitamin B12: 7.16µg (119.28%), Vitamin K: 84.83µg (80.79%), Vitamin A: 2107.5IU (42.15%), Selenium: 28.1µg (40.14%), Vitamin B3: 6.9mg (34.48%), Vitamin D: 4.36µg (29.09%), Phosphorus: 208.7mg (20.87%), Vitamin B6: 0.4mg (19.76%), Vitamin E: 2.4mg (15.99%), Vitamin B1: 0.21mg (13.95%), Vitamin B2: 0.21mg (12.63%), Magnesium: 45.46mg (11.36%), Vitamin C: 8.49mg (10.29%), Vitamin B5: 0.9mg (9.02%), Potassium: 289.94mg (8.28%), Iron: 1.43mg (7.94%), Copper: 0.11mg (5.72%), Manganese: 0.09mg (4.56%), Zinc: 0.6mg (3.99%), Folate: 11.85µg (2.96%), Calcium: 28.71mg (2.87%), Fiber: 0.61g (2.45%)