

Warm Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups grape tomatoes halved (from 2 pints)
- 1.5 cups feta cheese crumbled
- 5 tablespoons olive oil extra virgin extra-virgin
- 3 garlic clove minced
- 0.5 teaspoon sugar
- 1 serving coarse mustard fresh black
- 1 crusty baguette cut into ¼-inch slices
- 0.3 cup basil fresh

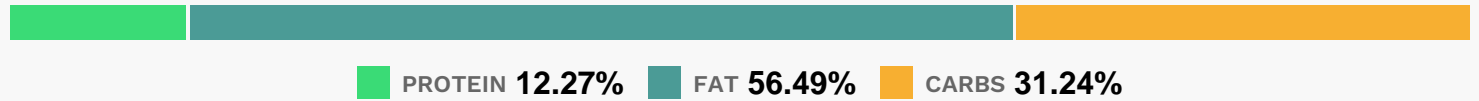
Equipment

- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 400 degrees, with racks in upper and lower thirds. In a 9-by-13-inch baking dish, combine tomatoes, 3/4 cup feta, 2 tablespoons olive oil, garlic, and sugar. Season with pepper. On a rimmed baking sheet, arrange baguette slices in a single layer; brush with 2 tablespoons oil.
- Place bread on top rack and tomato mixture on bottom rack. Cook until bread is toasted and tomatoes have softened, 10 to 12 minutes. Top bread with tomato mixture, 3/4 cup feta, and basil.
- Drizzle with 1 tablespoon oil; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:56.47, Glycemic Load:15.54, Inflammation Score:-7, Nutrition Score:14.122174138608%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 332.56kcal (16.63%), Fat: 21.11g (32.47%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 24.11g (8.77%), Sugar: 4.93g (5.48%), Cholesterol: 33.38mg (11.13%), Sodium: 699.66mg (30.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Vitamin B2: 0.47mg (27.77%), Calcium: 243.69mg (24.37%), Vitamin B1: 0.34mg (22.79%), Vitamin A: 1039.17IU (20.78%), Vitamin K: 20.98µg (19.98%), Phosphorus: 193.55mg (19.36%), Selenium: 13.29µg (18.99%), Folate: 72.27µg (18.07%), Manganese:

0.36mg (17.86%), Vitamin C: 14.26mg (17.28%), Vitamin E: 2.42mg (16.11%), Vitamin B6: 0.3mg (15.13%), Vitamin B3: 2.88mg (14.39%), Iron: 2.09mg (11.59%), Zinc: 1.61mg (10.73%), Vitamin B12: 0.63µg (10.56%), Potassium: 320.67mg (9.16%), Fiber: 2.15g (8.6%), Magnesium: 30.3mg (7.57%), Copper: 0.13mg (6.5%), Vitamin B5: 0.62mg (6.22%)