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Tomato and Feta Bruschetta ♦♦

Tomato and Feta Bruschetta is a delicious vegetarian appetizer that originated in Italy. It is typically made with ripe tomatoes, feta cheese, garlic, basil, and olive oil. The mixture is then spread on toasted bread slices and served as an appetizer or snack. This recipe is easy to make and perfect for any occasion.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Tomatoes
150 g	feta cheese
2 cloves	garlic
10 leaves	Basil

4 tbsp olive oil

8 slices baguette

Directions

Step 1

Dice the tomatoes and place them in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Crush the garlic cloves and chop the basil leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In the bowl with tomatoes, add the crushed garlic, chopped basil, feta cheese, and olive oil. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Toasting

Toast the baguette slices until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spreading

Spread the tomato and feta mixture on the toasted baguette slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Summer

Fall

Events

Game Day

Cuisines

Italian

French

Mediterranean

Spanish

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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