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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**

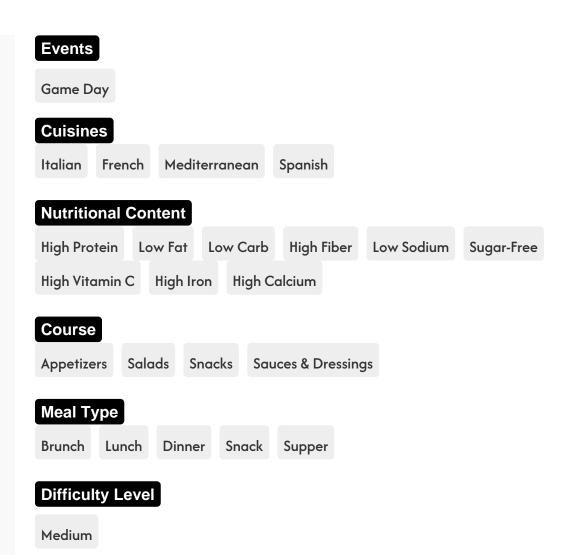
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

# **Recipe Attributes**

Seasonality

Summer

Fall



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