



August 8- Breakfast Bruschetta

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=57247>

Recipe

Ingredients:

- 4 slices multi-grain bread
- 2 ripe tomatoes, sliced
- Salt and pepper, to taste
- 4 fresh basil leaves
- 1 onion

Directions:

1. Toast bread until lightly browned.
2. Top with tomato slices, salt and pepper, and fresh basil leaves. Top with thinly sliced onion.

Yield 4 servings

Nutrition Facts

Serving Size 1 piece (127.5g)
Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **13%**

Sugars 7g

Protein 5g **10%**

Vitamin A 10% • Vitamin C 20%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.