



Bacon & tomato ciabatta

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



222 kcal

Ingredients

- ☐ 1 serving ciabatta bread french chunk (or bread)
- ☐ 1 serving little mustard
- ☐ 2 rashers back bacon lean (or ham)
- ☐ 1 serving tomatoes

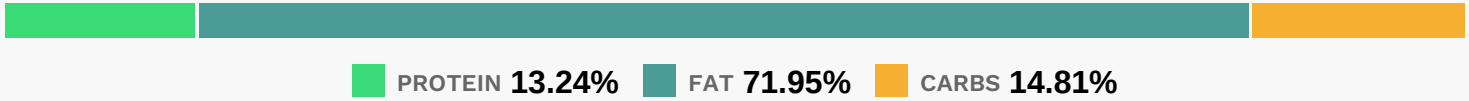
Equipment

Directions

- ☐ Toast a chunk of ciabatta (or French bread).

- ☐
- Spread with a little mustard and fill with the grilled bacon (or lean ham) and thickly sliced grilled tomatoes.
- ☐
- Serve with a mug of steaming hot chocolate made with cocoa powder and semi-skimmed milk.

Nutrition Facts



Properties

Glycemic Index:150.5, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:10.136086987412%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 221.65kcal (11.08%), Fat: 18.02g (27.72%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.85g (5.39%), Cholesterol: 29.04mg (9.68%), Sodium: 361.3mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin A: 1519.23IU (30.38%), Vitamin C: 24.68mg (29.92%), Selenium: 10.83µg (15.47%), Potassium: 522.39mg (14.93%), Vitamin B3: 2.92mg (14.58%), Vitamin B1: 0.2mg (13.64%), Vitamin K: 14.3µg (13.62%), Vitamin B6: 0.27mg (13.28%), Manganese: 0.24mg (11.81%), Phosphorus: 113.01mg (11.3%), Fiber: 2.4g (9.59%), Vitamin E: 1.18mg (7.87%), Folate: 28.58µg (7.14%), Magnesium: 27.8mg (6.95%), Copper: 0.13mg (6.5%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.08mg (4.55%), Iron: 0.79mg (4.36%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.22µg (3.67%), Calcium: 23.87mg (2.39%), Vitamin D: 0.18µg (1.17%)