



Bread with Tomato: Pan Con Tomate

 Dairy Free

READY IN



11 min.

SERVINGS



20

CALORIES



60 kcal

Ingredients

- ☐ 0.5 baguette french
- ☐ 2 cloves garlic peeled
- ☐ 5 slices ham thin
- ☐ 20 servings kosher salt
- ☐ 4 tablespoons olive oil plus more for drizzling
- ☐ 2 roma tomatoes

Equipment

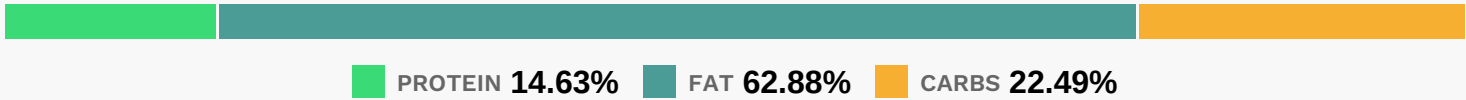
- ☐ frying pan
- ☐ paper towels

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill. Slice the bread at an angle into 20 thin pieces. Using 3 tablespoons olive oil, brush both sides of each slice of bread.
- ☐ Place the bread slices on the hot grill and toast, about 2 minutes on each side, or until golden.
- ☐ Cut each slice of ham in quarters. In a small saute pan, add the remaining tablespoon olive oil and cook the ham until crispy.
- ☐ Remove the ham to a paper towel to remove the excess oil.
- ☐ While the bread is still warm, rub a clove of garlic on each slice of bread.
- ☐ Cut the top off the tomatoes and rub the tomato on the slices of bread.
- ☐ Drizzle olive oil on each piece and sprinkle with kosher salt. Top with a piece of ham.

Nutrition Facts



Properties

Glycemic Index:6.99, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:1.7600000047165%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.51kcal (2.98%), Fat: 4.16g (6.4%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.46g (0.51%), Cholesterol: 4.34mg (1.45%), Sodium: 315.92mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin B1: 0.08mg (5.42%), Selenium: 2.71µg (3.87%), Vitamin E: 0.48mg (3.2%), Vitamin B3: 0.63mg (3.17%), Phosphorus: 22.86mg (2.29%), Vitamin K: 2.37µg (2.26%), Vitamin B2: 0.04mg (2.18%), Manganese: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.09%), Folate: 7.84µg (1.96%), Iron: 0.32mg (1.75%), Zinc: 0.23mg (1.51%), Potassium: 43.74mg (1.25%), Vitamin C: 0.94mg (1.14%), Vitamin A: 51.67IU (1.03%)