



Catalan Toasts

 Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

813 kcal

Ingredients

- ☐ 1 beefsteak tomatoes ripe
- ☐ 2 garlic cloves
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin
- ☐ 6 slices serrano ham
- ☐ 6 bias cut thick

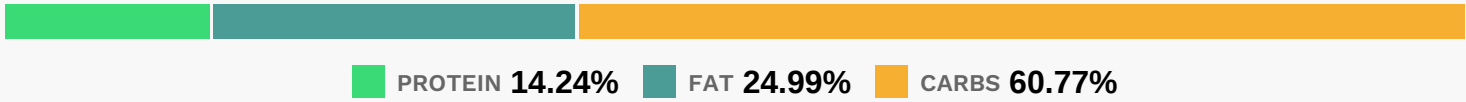
Equipment

- ☐ grill
- ☐ box grater

Directions

- ☐ Preheat the grill to medium.
- ☐ Cut the tomato in half and grate it on the coarse side of a box grater. Reserve the tomato pulp.
- ☐ Grill the bread slices on both sides until they are slightly charred. When the bread comes off the grill rub each slice with a garlic clove and drizzle generously with olive oil. Top each toast with tomato pulp and a tiny sprinkle of salt. Cover tomato with a slice of ham and serve.
- ☐ Cinchy!

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:83.18, Inflammation Score:-8, Nutrition Score:29.146522148796%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 812.91kcal (40.65%), Fat: 22.44g (34.53%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 122.79g (40.93%), Net Carbohydrates: 116.83g (42.49%), Sugar: 13.23g (14.69%), Cholesterol: 7.5mg (2.5%), Sodium: 2017.03mg (87.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.53%), Vitamin B1: 1.48mg (98.53%), Folate: 276.03µg (69.01%), Manganese: 1.24mg (62.09%), Selenium: 43.14µg (61.63%), Vitamin B3: 11.69mg (58.47%), Iron: 9.04mg (50.24%), Vitamin B2: 0.81mg (47.9%), Calcium: 270.24mg (27.02%), Phosphorus: 252.63mg (25.26%), Fiber: 5.95g (23.8%), Vitamin E: 3.05mg (20.32%), Vitamin K: 20.42µg (19.45%), Magnesium: 71.49mg (17.87%), Copper: 0.34mg (16.95%), Vitamin B6: 0.32mg (15.89%), Zinc: 2.08mg (13.89%), Potassium: 448.49mg (12.81%), Vitamin B5: 1mg (10.01%), Vitamin C: 8.08mg (9.79%), Vitamin A: 472.12IU (9.44%)