



Catalan Tomato Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



48 kcal

Ingredients

- ☐ 8 inch crusty baguette
- ☐ 10 servings coarse salt to taste
- ☐ 2 large garlic clove halved
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 small tomatoes ripe halved

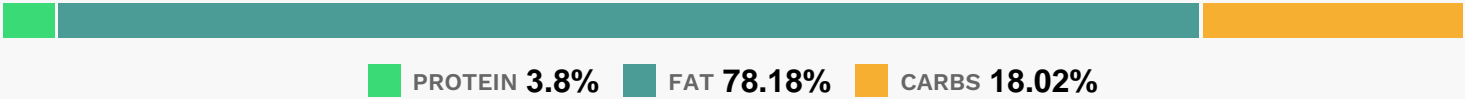
Equipment

- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Cut bread into 3/4-inch-thick slices (cut baguette on a long diagonal for 6-inch-long slices).
- ☐ Working in batches of 3 or 4 slices, grill bread on lightly oiled grill rack, covered only if using a gas grill, turning over once, until grill marks appear, 1 to 2 minutes total per batch.
- ☐ Remove bread from heat and immediately rub 1 side of each slice with cut side of a garlic half, then rub with cut side of a tomato half, using 1 tomato half for 1 to 2 slices of bread and allowing most of pulp to be absorbed by bread (discard remainder of garlic and tomato halves).
- ☐ Brush bread with oil, then sprinkle with salt and serve immediately.
- ☐ • Bread can be grilled in a hot lightly oiled well-seasoned ridged grill pan over moderately high heat. • If your salt is very coarse, crush it using the flat side of a large heavy knife.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:1.01, Inflammation Score:-2, Nutrition Score:1.6356521987397%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 48.2kcal (2.41%), Fat: 4.31g (6.64%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.86g (0.67%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 207.9mg (9.04%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin E: 0.76mg (5.06%), Vitamin C: 3.93mg (4.76%), Vitamin A: 227.46IU (4.55%), Vitamin K: 4.76µg (4.53%), Manganese: 0.05mg (2.55%), Potassium: 69.71mg (1.99%), Vitamin B6: 0.03mg (1.57%), Folate: 6.29µg (1.57%), Vitamin B1: 0.02mg (1.54%), Fiber: 0.38g (1.53%), Vitamin B3: 0.26mg (1.29%), Copper: 0.02mg (1.03%)