



Easy Tomato Bread



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



398 kcal

Ingredients



1 clove garlic finely chopped



2 tablespoons olive oil



0.3 cup onion red finely chopped



13.2 oz bread crumbs refrigerated french simply® canned



0.8 teaspoon thyme leaves dried



1 large tomatoes seeded finely chopped

Equipment



bowl



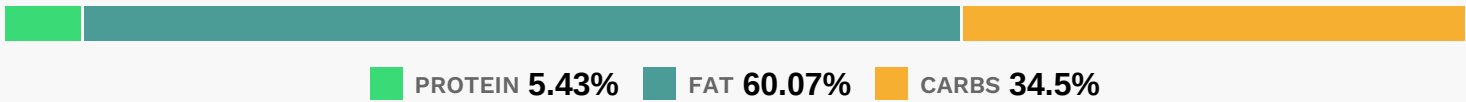
baking sheet

- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350F. Line cookie sheet with foil or cooking parchment paper.
- ☐ In medium bowl, toss tomato, onion, garlic, thyme and oil.
- ☐ Unroll dough into rectangle.
- ☐ Spread tomato mixture over dough; roll back into loaf. Pinch seam on top and both sides.
- ☐ Place seam side down on cookie sheet.
- ☐ Cut 3 shallow slits across top of loaf.
- ☐ Bake 23 to 25 minutes or until golden brown.
- ☐ Cut into slices; serve warm.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:4.3521738946438%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 398.4kcal (19.92%), Fat: 26.76g (41.16%), Saturated Fat: 12.63g (78.95%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 31.88g (11.59%), Sugar: 20.36g (22.62%), Cholesterol: 0mg (0%), Sodium: 233.37mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin B3: 3mg (15.01%), Folate: 45.24µg (11.31%), Fiber: 2.71g (10.82%), Iron: 1.48mg (8.24%), Vitamin B1: 0.1mg (6.85%), Vitamin C: 5.21mg (6.31%), Potassium: 220.54mg (6.3%), Vitamin E: 0.84mg (5.58%), Vitamin A: 264.73IU (5.29%), Vitamin K: 5.24µg (4.99%), Vitamin B2: 0.07mg (3.85%), Magnesium: 15.13mg (3.78%), Phosphorus: 33.32mg (3.33%), Manganese: 0.06mg (2.79%),

Vitamin B6: 0.04mg (1.97%), Zinc: 0.2mg (1.32%), Copper: 0.02mg (1.17%)