



Essentials: Salad With Tomatoes and Grilled Bread (Not Day Old Bread)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 large beefsteak tomatoes cut into 3/4-inch dice (4 cups)
- ☐ 0.5 pound bread cut into 3/4-inch slices (sourdough boule or cibatta will also work)
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 cucumber peeled cut into 3/4-inch dice (2 cups)
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon red wine vinegar

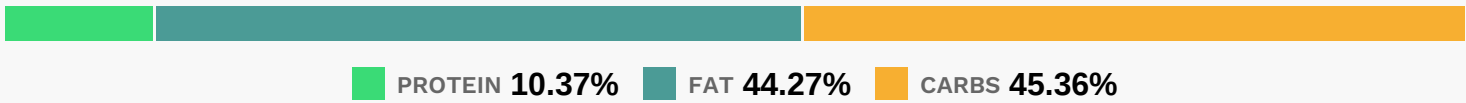
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a grill or cast-iron skillet to medium.
- ☐ Brush the bread slices on both sides with the 2 tablespoons of olive oil. Grill until lightly charred on both sides, 3 to 4 minutes.
- ☐ Let the bread cool slightly, then cut into large cubes.
- ☐ In a large bowl, toss the bread cubes with the diced tomatoes, cucumber, and basil.
- ☐ Drizzle with the vinegar and the remaining 1/4 cup oil and season with salt and pepper. Toss to combine and serve.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:20.223913068357%

Flavonoids

Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg 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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 330.65kcal (16.53%), Fat: 16.71g (25.7%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 32.64g (11.87%), Sugar: 10.99g (12.22%), Cholesterol: 0mg (0%), Sodium: 476.86mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Manganese: 1.04mg (52.04%), Vitamin C: 37.74mg (45.74%), Vitamin A: 2258.41IU (45.17%), Vitamin K: 42.68µg (40.64%), Folate: 97.96µg (24.49%), Vitamin B3: 4.73mg (23.63%), Fiber: 5.88g (23.51%), Selenium: 16.41µg (23.44%), Vitamin B1: 0.35mg (23.41%), Vitamin E:

3.46mg (23.09%), Potassium: 792.36mg (22.64%), Iron: 3.04mg (16.87%), Vitamin B6: 0.31mg (15.38%), Magnesium: 61.41mg (15.35%), Phosphorus: 151.23mg (15.12%), Copper: 0.29mg (14.7%), Vitamin B2: 0.21mg (12.42%), Calcium: 110.01mg (11%), Vitamin B5: 0.88mg (8.75%), Zinc: 1.16mg (7.76%)