



 **93%**
HEALTH SCORE

Pisto Manchego with Toasted Bread

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 1 crusty baguette cut into 3/4 inch rounds.
- 3 medium eggplant diced
- 0.5 cup olive oil extra virgin
- 2 tablespoons olive oil
- 6 servings bell pepper
- 6 bell pepper diced red
- 2 onion diced red
- 6 servings salt

4 tomatoes diced

Equipment

baking sheet

sauce pan

oven

Directions

To Make Pisto: In a large saucepan, heat 3 tablespoons olive oil over medium high heat.

Add onions and eggplant and saute until onion is translucent, about 8 minutes.

Add red peppers and saute for another five minutes.

Add tomatoes and lower heat to medium low. Cover and cook until vegetables are soft, about 20 minutes.

Stir in 1/2 cup olive oil and season with salt and pepper.

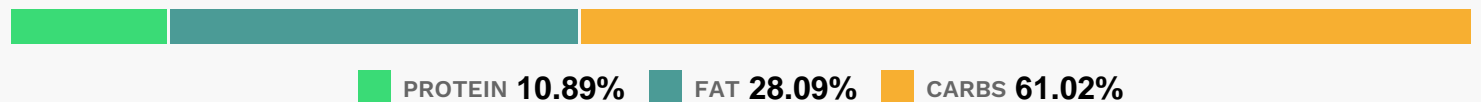
To Make Toasts: Preheat oven to 375°F.

Lay baguette rounds across a baking sheet in a single layer and sprinkle with olive oil.

Bake until golden, about 6 minutes.

Serve pisto warm or at room temperature with toasts alongside.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:19.76, Inflammation Score:-10, Nutrition Score:30.744347862575%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 317.98kcal (15.9%), Fat: 10.6g (16.3%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 38.37g (13.95%), Sugar: 21.88g (24.31%), Cholesterol: 0mg (0%), Sodium: 469.34mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin C: 266.67mg (323.23%), Vitamin A: 6794.95IU (135.9%), Manganese: 1.08mg (54.13%), Fiber: 13.42g (53.66%), Folate: 203.24µg (50.81%), Vitamin B6: 0.91mg (45.42%), Vitamin E: 5.51mg (36.7%), Potassium: 1232.36mg (35.21%), Vitamin B1: 0.48mg (32.23%), Vitamin B3: 5.8mg (29.01%), Vitamin K: 30.35µg (28.9%), Vitamin B2: 0.41mg (24.03%), Magnesium: 78.81mg (19.7%), Phosphorus: 175.17mg (17.52%), Iron: 3.14mg (17.46%), Copper: 0.33mg (16.58%), Vitamin B5: 1.53mg (15.32%), Selenium: 8.23µg (11.76%), Calcium: 94.74mg (9.47%), Zinc: 1.38mg (9.21%)