



Garlic Toasts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

Ingredients



6 inch diagonally bread baguette french cut



1 garlic clove halved



2 teaspoons olive oil

Equipment

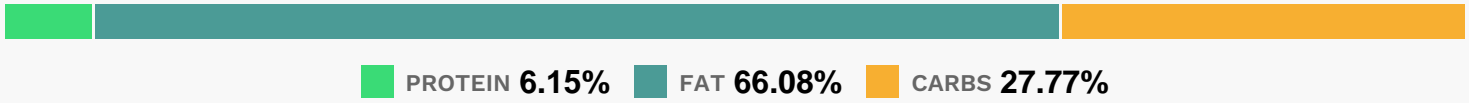


grill pan

Directions

- ☐
- Heat a grill pan over medium-high heat.
- ☐
- Brush the olive oil evenly over the cut sides of the bread.
- ☐
- Place the bread in the grill pan, and cook for 1 minute on each side or until lightly browned.
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- Rub the garlic halves on 1 side of each bread slice.
- ☐
- Garlic Tomato Toasts Variation: After rubbing garlic on bread slices, rub with 1 halved plum tomato.
- ☐
- CALORIES 86 (31% from fat); FAT 3g (sat 5g, mono 9g, poly 4g); PROTEIN 2g; CARB 7g; FIBER 1g; CHOL 0mg; IRON 7mg; SODIUM 133mg; CALC 19mg

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:0.74347827032856%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.24kcal (1.46%), Fat: 2.18g (3.35%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 18.19mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Manganese: 0.06mg (2.9%), Vitamin E: 0.3mg (1.97%), Selenium: 1.2µg (1.72%), Vitamin K: 1.4µg (1.34%), Vitamin B1: 0.02mg (1.14%), Vitamin B3: 0.22mg (1.09%)