



Garlic-Tomato Toasts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

Ingredients

- ☐ 12 slices diagonally bread baguette french cut (1/)
- ☐ 1 garlic clove halved
- ☐ 2 teaspoons olive oil
- ☐ 0.5 plum tomatoes

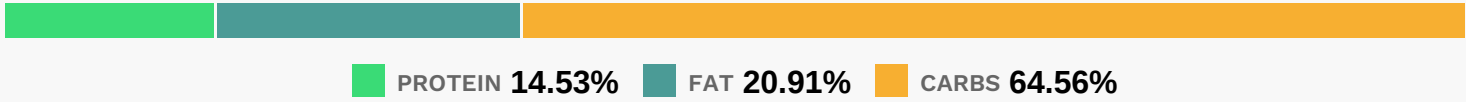
Equipment

- ☐ 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.
- Rub the garlic halves and tomato on 1 side of each bread slice.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:21.59, Inflammation Score:-4, Nutrition Score:11.576956443165%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 250.35kcal (12.52%), Fat: 5.82g (8.96%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 36.98g (13.45%), Sugar: 5.02g (5.58%), Cholesterol: 0mg (0%), Sodium: 397.88mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Manganese: 1.02mg (51.13%), Selenium: 24.3µg (34.71%), Vitamin B3: 4.75mg (23.73%), Vitamin B1: 0.35mg (23.31%), Folate: 72.58µg (18.15%), Iron: 3.07mg (17.05%), Fiber: 3.47g (13.87%), Vitamin B2: 0.21mg (12.59%), Phosphorus: 111.37mg (11.14%), Calcium: 107.15mg (10.72%), Magnesium: 35.48mg (8.87%), Vitamin B5: 0.7mg (7%), Copper: 0.13mg (6.56%), Zinc: 0.9mg (5.97%), Vitamin K: 5.95µg (5.66%), Vitamin B6: 0.11mg (5.44%), Potassium: 139.84mg (4%), Vitamin E: 0.49mg (3.27%), Vitamin C: 1.46mg (1.77%), Vitamin A: 66.31IU (1.33%)