



Grilled Bread and Marinated Tomato Salad

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces arugula
- ☐ 12 ounces country bread sliced
- ☐ 1 garlic clove smashed
- ☐ 2 pounds heirloom tomatoes cut into 1-inch pieces
- ☐ 0.8 cup olive oil extra-virgin plus more for brushing
- ☐ 30 servings pepper freshly ground
- ☐ 1 small onion red
- ☐ 0.3 cup red wine vinegar

- ☐ 1.3 cups ricotta salata crumbled
- ☐ 30 servings salt

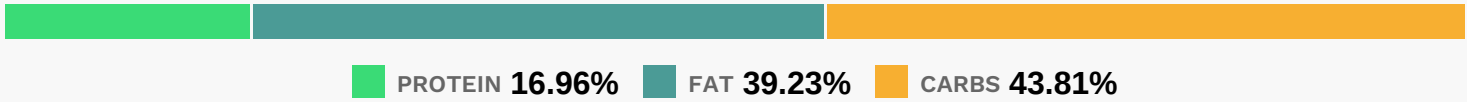
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ On a cutting board, using the flat side of a chef's knife, mash the garlic clove to a paste with a pinch of salt; transfer to a large bowl.
- ☐ Add the tomatoes, onion, vinegar and the 3/4 cup of olive oil and season with salt and pepper.
- ☐ Let the mixture stand at room temperature, stirring a few times, for at least 1 hour or up to 2 hours.
- ☐ Light a grill.
- ☐ Brush the bread with olive oil and grill over high heat until toasted and lightly charred in spots, 1 minute per side.
- ☐ Let cool slightly, then cut into 1/2-inch cubes.
- ☐ Add the bread and arugula to the tomatoes along with the ricotta salata and toss to combine.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:3.46, Inflammation Score:-5, Nutrition Score:4.858260785108%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 69.12kcal (3.46%), Fat: 3.08g (4.73%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.65g (2.42%), Sugar: 1.86g (2.07%), Cholesterol: 5.27mg (1.76%), Sodium: 261.05mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin K: 16.25µg (15.48%), Vitamin A: 567.83IU (11.36%), Manganese: 0.23mg (11.36%), Vitamin C: 6.18mg (7.49%), Selenium: 4.84µg (6.91%), Folate: 27.13µg (6.78%), Calcium: 58.45mg (5.85%), Phosphorus: 45.64mg (4.56%), Vitamin B1: 0.07mg (4.41%), Fiber: 1.09g (4.35%), Vitamin B3: 0.86mg (4.32%), Potassium: 148.26mg (4.24%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.85%), Magnesium: 15.09mg (3.77%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.4mg (2.68%), Copper: 0.05mg (2.44%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.2mg (1.98%)