



WHATSheATE



Grilled Bread and Tomato Salad



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 ounces bread crumbs italian cut into 3/4-inch-thick slices
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin fruity extra-virgin
- ☐ 0.3 cup onion red minced

- ☐ 6 tomatoes cored seeded cut into quarters
- ☐ 0.5 cup butter unsalted (1 stick)

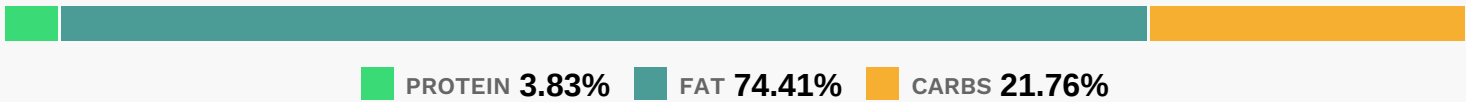
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Place a small saucepan over medium heat and add the butter. When it's about half melted, throw in the garlic and cook for 3 to 4 minutes, allowing the garlic to take on a little bit of color.
- ☐ Remove from the heat and brush this mixture on both sides of each slice of bread.
- ☐ Oil the grill racks. Preheat your grill using all burners set on high and with the lid closed for 10 to 12 minutes.
- ☐ Place the bread on the grill, close the lid, and cook, turning once, until well marked. Careful here; depending on the moisture content of the bread, this could happen as quickly as 2 minutes (or about 1 minute on each side), but it usually takes about 4 minutes.
- ☐ Place the tomatoes on the grill, close the lid, and cook for a few minutes per side.
- ☐ Remove the bread to a cutting board, cut into 3/4-inch cubes, and place in a large mixing bowl.
- ☐ Add the tomatoes, onion, olive oil, vinegar, herbs, salt, and pepper. Toss gently with your hands to combine. Taste and adjust the seasonings if you desire.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:9.2252173346022%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 487.22kcal (24.36%), Fat: 41.03g (63.13%), Saturated Fat: 18.69g (116.82%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 23.96g (8.71%), Sugar: 16.02g (17.8%), Cholesterol: 40.67mg (13.56%), Sodium: 344.91mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin A: 1581.71IU (31.63%), Vitamin C: 18.36mg (22.25%), Vitamin K: 21.08µg (20.07%), Vitamin E: 2.84mg (18.92%), Manganese: 0.27mg (13.72%), Vitamin B3: 2.56mg (12.82%), Potassium: 435.15mg (12.43%), Fiber: 3.03g (12.12%), Folate: 47.78µg (11.94%), Iron: 1.67mg (9.25%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.17%), Magnesium: 26.37mg (6.59%), Phosphorus: 56.55mg (5.65%), Vitamin B2: 0.08mg (4.87%), Copper: 0.09mg (4.66%), Calcium: 36.33mg (3.63%), Zinc: 0.38mg (2.54%), Vitamin D: 0.28µg (1.89%), Vitamin B5: 0.15mg (1.46%)