



Grilled Bread with Serrano Ham, Manchego, and Olives

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 2 garlic clove
- ☐ 0.5 cup olive green pitted chopped
- ☐ 4 inch bread french italian
- ☐ 2 ounces manchego cheese shaved
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt

- ☐ 2 ounces serrano ham very thin
- ☐ 6 medium tomatoes halved

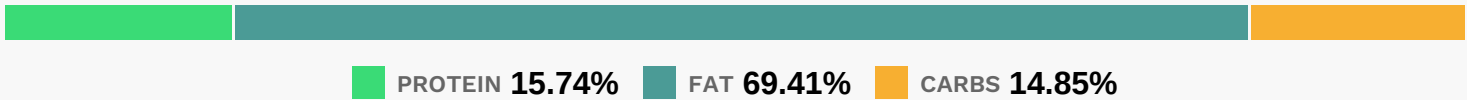
Equipment

- ☐ bowl
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Prepare grill.
- ☐ Mash dash of salt and garlic with a mortar and pestle or the back of a spoon to make a fine paste.
- ☐ Combine garlic mixture and oil in a small bowl.
- ☐ Place bread on grill rack; grill 1 minute on each side or until golden brown.
- ☐ Rub both sides of toasted bread slices with cut sides of tomatoes, squeezing slightly to leave pulp, seeds, and juice on bread. Discard tomato peels.
- ☐ Spread garlic mixture over bread slices; sprinkle with 1/4 teaspoon salt and pepper.
- ☐ Cut each slice diagonally in half. Arrange ham and cheese over bread pieces, and sprinkle with olives.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:4.8413043410882%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 125.47kcal (6.27%), Fat: 10.05g (15.46%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.54g (2.82%), Cholesterol: 11.38mg (3.79%), Sodium: 403.85mg (17.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Vitamin A: 840.82IU (16.82%), Vitamin C: 12.87mg (15.6%), Vitamin E: 1.58mg (10.53%), Vitamin K: 10.64µg (10.13%), Calcium: 91.7mg (9.17%), Potassium: 227.15mg (6.49%), Manganese: 0.13mg (6.43%), Fiber: 1.44g (5.75%), Vitamin B6: 0.09mg (4.36%), Folate: 15.68µg (3.92%), Copper: 0.07mg (3.46%), Vitamin B3: 0.63mg (3.17%), Vitamin B1: 0.05mg (3.1%), Magnesium: 11.73mg (2.93%), Iron: 0.47mg (2.62%), Phosphorus: 25.01mg (2.5%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.18mg (1.22%)