



## Grilled Peppered Bread

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



390 kcal

### Ingredients

- 1 teaspoon pepper black freshly ground
- 12 slices bread french (1/2-inch-thick)
- 2 tablespoons olive oil

### Equipment

- grill

### Directions

- Brush both sides of bread slices evenly with olive oil; sprinkle both sides evenly with pepper.

- Grill bread, uncovered, over medium-high heat (350 to 40
- to 2 minutes on each side or until lightly toasted and browned.

## Nutrition Facts

**PROTEIN 14.14%** **FAT 17.85%** **CARBS 68.01%**

### Properties

Glycemic Index:18.75, Glycemic Load:51.25, Inflammation Score:-6, Nutrition Score:15.926086862774%

### Flavonoids

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

### Nutrients (% of daily need)

Calories: 390.25kcal (19.51%), Fat: 7.78g (11.96%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 63.74g (23.18%), Sugar: 5.92g (6.57%), Cholesterol: 0mg (0%), Sodium: 770.72mg (33.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.72%), Vitamin B1: 0.91mg (60.61%), Selenium: 36.62µg (52.32%), Folate: 157.5µg (39.37%), Manganese: 0.71mg (35.66%), Vitamin B2: 0.55mg (32.19%), Vitamin B3: 6.17mg (30.87%), Iron: 5.06mg (28.13%), Phosphorus: 134.93mg (13.49%), Fiber: 2.9g (11.6%), Magnesium: 41.53mg (10.38%), Copper: 0.2mg (9.95%), Zinc: 1.34mg (8.9%), Vitamin B6: 0.14mg (6.9%), Calcium: 68.08mg (6.81%), Vitamin E: 0.94mg (6.3%), Potassium: 154.24mg (4.41%), Vitamin B5: 0.43mg (4.32%), Vitamin K: 4.25µg (4.05%)