



Grilled pesto tomatoes on toast



Vegetarian



Vegan



Dairy Free

READY IN



9 min.

SERVINGS



1

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 medium tomatoes
- ☐ 1 tbsp pesto sauce
- ☐ 1 slice bread country-style

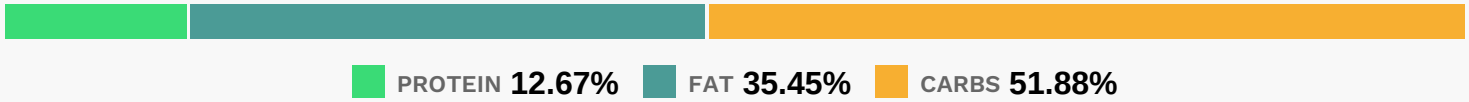
Equipment

- ☐ grill

Directions

Halve the tomatoes. Thin the pesto sauce with a little water and brush half on the tomatoes. Cook under a hot grill for 5–7 mins until softened. At the same time, toast the slice of bread, then spread with the remaining pesto mix. Top with the hot tomatoes, squashing them slightly.

Nutrition Facts



Properties

Glycemic Index:96.67, Glycemic Load:9.66, Inflammation Score:-9, Nutrition Score:13.585217434427%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 179.05kcal (8.95%), Fat: 7.31g (11.25%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 19.76g (7.18%), Sugar: 8.55g (9.5%), Cholesterol: 1.2mg (0.4%), Sodium: 284.99mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Vitamin A: 2352.14IU (47.04%), Vitamin C: 33.76mg (40.92%), Manganese: 0.61mg (30.71%), Vitamin K: 20.81µg (19.82%), Potassium: 622.5mg (17.79%), Fiber: 4.31g (17.25%), Folate: 60.7µg (15.18%), Vitamin B3: 3.03mg (15.13%), Vitamin B1: 0.21mg (13.74%), Selenium: 8.06µg (11.52%), Vitamin B6: 0.23mg (11.39%), Iron: 1.76mg (9.77%), Magnesium: 38.54mg (9.64%), Phosphorus: 95.16mg (9.52%), Copper: 0.19mg (9.33%), Vitamin E: 1.38mg (9.21%), Calcium: 83.75mg (8.38%), Vitamin B2: 0.12mg (6.9%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.45mg (4.49%)