



Grilled Tomato Bread



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



383 kcal

Ingredients

- ☐ 32 ounce baguettes sliced in half lengthwise
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 garlic cloves halved
- ☐ 3 heirloom tomatoes ripe halved
- ☐ 8 servings kosher salt to taste

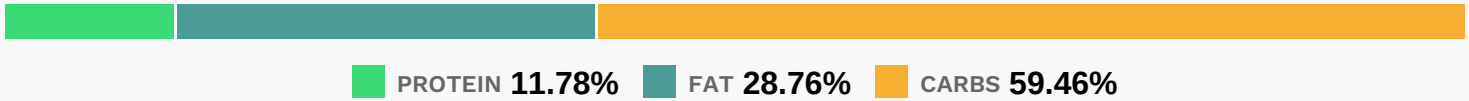
Equipment

- ☐ grill

Directions

- ☐ Grill baguette slices over medium-hot heat 3 minutes or until golden brown.
- ☐ Brush with olive oil, and rub with cut sides of garlic and tomatoes; sprinkle with salt to taste.
Slice baguettes into serving pieces.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:38, Inflammation Score:-6, Nutrition Score:14.266521744106%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 383.24kcal (19.16%), Fat: 12.19g (18.76%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 56.71g (18.9%), Net Carbohydrates: 53.75g (19.55%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 897.27mg (39.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin B1: 0.68mg (45.29%), Folate: 128.29µg (32.07%), Manganese: 0.6mg (29.9%), Selenium: 19.66µg (28.09%), Vitamin B3: 5.43mg (27.15%), Iron: 4.11mg (22.82%), Vitamin B2: 0.37mg (22%), Calcium: 125.93mg (12.59%), Vitamin E: 1.87mg (12.5%), Phosphorus: 120.52mg (12.05%), Vitamin K: 12.48µg (11.89%), Fiber: 2.96g (11.83%), Magnesium: 34.84mg (8.71%), Vitamin B6: 0.17mg (8.44%), Copper: 0.17mg (8.4%), Vitamin C: 6.67mg (8.09%), Vitamin A: 384.32IU (7.69%), Potassium: 254.57mg (7.27%), Zinc: 0.99mg (6.59%), Vitamin B5: 0.48mg (4.76%)