



Italian Style Tomato Bread



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



153 kcal

Ingredients

- ☐ 8 fillet anchovy drained thin
- ☐ 2 tablespoon caper sliced
- ☐ 1 round loaf crusty bread with or without sesame seeds
- ☐ 1 large clove garlic thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 handful a scant olives black pitted coarsely chopped
- ☐ 1 small chile red thinly sliced chopped
- ☐ 4 servings salt
- ☐ 1 large tomatoes ripe

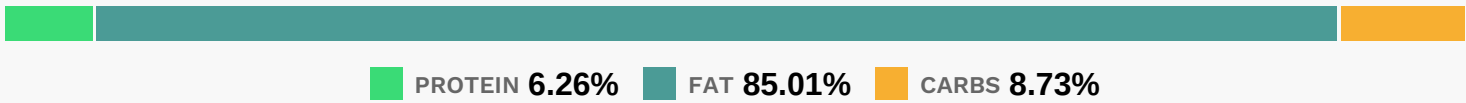
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat about 1/4 cup extra-virgin olive oil in a small skillet over medium heat.
- ☐ Add the chile and garlic and saute for 2 to 3 minutes. Turn off the heat and cool a couple of minutes.
- ☐ Halve the bread across horizontally and toast or char.
- ☐ Halve the tomato across horizontally and rub the flesh vigorously into the toasted surface of the bread and season with salt, to taste. If you are garnishing with anchovies skip the salt. Dress the tomato bread with chile oil and garnish with capers, olives and anchovies, if using.
- ☐ Cut into serving portions and serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:5.7108695170154%

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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 153.23kcal (7.66%), Fat: 14.95g (23.01%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.84g (2.05%), Cholesterol: 4.8mg (1.6%), Sodium: 394.58mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin C: 22.81mg (27.64%), Vitamin E: 2.54mg (16.93%), Vitamin K: 14.37µg (13.69%), Vitamin A: 515.38IU (10.31%), Vitamin B3: 1.59mg (7.93%), Vitamin B6: 0.12mg (5.93%), Potassium: 182.75mg (5.22%), Manganese: 0.1mg (5.04%), Selenium: 3.26µg (4.66%), Copper: 0.09mg (4.59%), Fiber: 1.05g (4.21%), Iron: 0.72mg (3.98%), Magnesium: 13.81mg (3.45%), Phosphorus: 33mg (3.3%), Folate: 11.47µg

(2.87%), Vitamin B2: 0.05mg (2.71%), Calcium: 26.14mg (2.61%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.29mg (1.92%),
Vitamin B5: 0.12mg (1.22%)