



## Pan Catalan

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

## Ingredients

- 8 ounce country bread white toasted
- 1 tablespoon olive oil extravirgin
- 1 garlic clove halved
- 0.3 teaspoon kosher salt
- 2 plum tomatoes halved

## Equipment

## Directions

- Rub cut sides of garlic over one side of each bread slice. Discard garlic. Rub 1 side of each bread slice with cut sides of tomato halves; reserve tomatoes for another use.
- Sprinkle bread evenly with salt.
- Drizzle with oil.

## Nutrition Facts



## Properties

Glycemic Index:35.69, Glycemic Load:20.27, Inflammation Score:-4, Nutrition Score:7.859130444734%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 190.72kcal (9.54%), Fat: 5.6g (8.62%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.66g (10.06%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 417.54mg (18.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin B1: 0.3mg (20.03%), Manganese: 0.38mg (19.2%), Selenium: 13.26µg (18.94%), Folate: 67.61µg (16.9%), Vitamin B3: 2.89mg (14.44%), Calcium: 124.22mg (12.42%), Iron: 2.02mg (11.24%), Vitamin B2: 0.14mg (8.4%), Phosphorus: 72.66mg (7.27%), Fiber: 1.69g (6.77%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.8mg (5.31%), Vitamin A: 258.86IU (5.18%), Magnesium: 18.91mg (4.73%), Copper: 0.09mg (4.55%), Vitamin K: 4.68µg (4.46%), Vitamin B6: 0.09mg (4.31%), Potassium: 142.88mg (4.08%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.34mg (3.36%)