



Pan con Tomate' y Anchoa—Garlic, Olive Oil, and Fresh Tomato on Toasted Bread

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 8 fillet anchovy jarred
- ☐ 4 tablespoons olive oil extra virgin fruity plus more for drizzling
- ☐ 1 loaf half and half split french-style cut into 4-inch lengths
- ☐ 2 large garlic clove mashed
- ☐ 4 servings sea salt
- ☐ 1.5 pounds plum tomatoes split very ripe

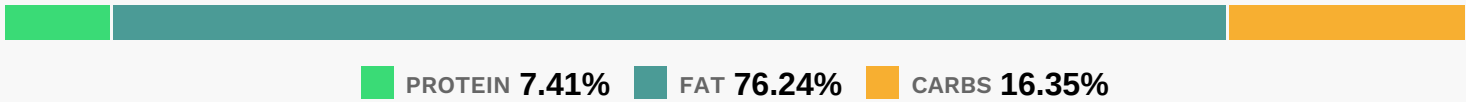
Equipment

- ☐ bowl
- ☐ grater

Directions

- ☐ With a coarse grater held over a bowl grate the tomatoes down to the skin.
- ☐ Pour off any excess liquid.
- ☐ Add the garlic, olive oil, and salt to taste (the mixture should be well seasoned).
- ☐ Let sit for a few minutes to meld flavors.
- ☐ Lightly toast the split bread and drizzle with olive oil.
- ☐ Pour the tomato mixture into a serving bowl and arrange the bread and anchovies, if using, on plates.
- ☐ Let each guest spread the tomato mixture on the bread and top it off with one or two anchovy fillets.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:8.6634782941445%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 167.42kcal (8.37%), Fat: 14.76g (22.71%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.5g (5%), Cholesterol: 4.89mg (1.63%), Sodium: 211.3mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 23.77mg (28.82%), Vitamin A: 1421.93IU (28.44%), Vitamin K: 21.9µg (20.86%), Vitamin E: 2.98mg (19.88%), Potassium: 440.3mg (12.58%), Manganese: 0.23mg

(11.25%), Vitamin B3: 2.14mg (10.72%), Vitamin B6: 0.17mg (8.31%), Fiber: 2.07g (8.29%), Folate: 26.29µg (6.57%), Copper: 0.12mg (6.09%), Phosphorus: 57.28mg (5.73%), Magnesium: 22.4mg (5.6%), Vitamin B1: 0.07mg (4.69%), Iron: 0.82mg (4.58%), Selenium: 3.14µg (4.49%), Vitamin B2: 0.05mg (3.23%), Calcium: 32.01mg (3.2%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.21mg (2.13%)