



Pappa al Pomodoro

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



609 kcal

SIDE DISH

Ingredients

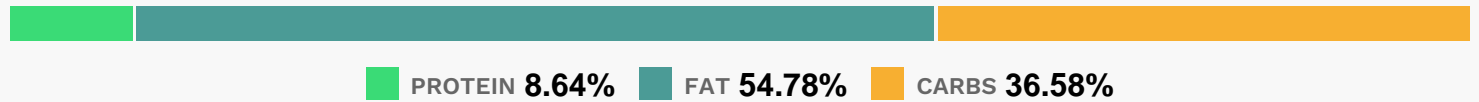
- 1 leaves basil chopped for serving
- 1 quart beef stock boiling
- 2 garlic cloves
- 12 ounces bread italian homemade stale thinly sliced
- 2 tablespoons olive oil extra-virgin for serving
- 4 servings bell pepper
- 4 servings salt
- 1 pound tomatoes diced ripe peeled

Equipment

Directions

- Cut the 2 garlic cloves in half and brown in 2 tablespoons of oil. As soon as they start to turn color, add the tomatoes, plenty of basil, salt and pepper, to taste. Cook for 15 minutes and then add the boiling stock. When this has reached boiling point again, add the thinly sliced bread and continue cooking for 15 more minutes, stirring frequently.
- Remove from heat. After 1 hour, stir all rigorously so that the bread completely disintegrates.
- Serve hot or lukewarm, adding a touch of extra-virgin olive oil and fresh basil leaves. No cheese.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:20.405652139498%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 609.25kcal (30.46%), Fat: 37.69g (57.99%), Saturated Fat: 17.46g (109.1%), Carbohydrates: 56.64g (18.88%), Net Carbohydrates: 50.7g (18.44%), Sugar: 33.68g (37.43%), Cholesterol: 0mg (0%), Sodium: 986.81mg (42.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Vitamin C: 111.39mg (135.01%), Vitamin A: 3283.93IU (65.68%), Vitamin B3: 7.3mg (36.52%), Potassium: 1054.69mg (30.13%), Folate: 109.72µg (27.43%), Fiber: 5.94g (23.74%), Vitamin B6: 0.46mg (22.82%), Vitamin B2: 0.38mg (22.26%), Vitamin B1: 0.28mg (18.82%), Vitamin E: 2.82mg (18.82%), Iron: 3.12mg (17.34%), Vitamin K: 17.6µg (16.77%), Phosphorus: 153.76mg (15.38%), Magnesium: 52.89mg (13.22%), Manganese: 0.24mg (11.99%), Copper: 0.2mg (10.15%), Zinc: 0.97mg (6.47%), Selenium: 3.13µg (4.47%), Calcium: 38.61mg (3.86%), Vitamin B5: 0.35mg (3.46%)