



Sourdough Toasts with Smoky Tomato Confit



Vegetarian



Vegan



Dairy Free

READY IN



65 min.

SERVINGS



40

CALORIES



51 kcal

Ingredients

- ☐ 1 slices baguette 20-inch preferably sourdough
- ☐ 28 ounce canned tomatoes whole seeded drained finely chopped canned
- ☐ 40 servings oil-cured olives as needed pitted halved lengthwise
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon paprika smoked sweet spanish
- ☐ 0.1 teaspoon salt
- ☐ 0.8 inch slivers cut on the diagonal as needed
- ☐ 0.5 teaspoon sugar

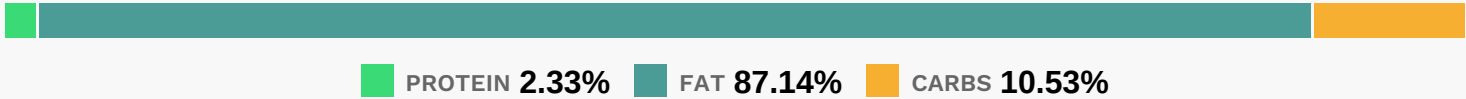
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cook onion in 3 tablespoons oil in a 10-inch heavy skillet over moderate heat, stirring occasionally, 4 minutes. Reduce heat to low and cook, covered, stirring occasionally, until onion is golden and soft, 8 to 10 minutes more.
- ☐ Add tomatoes, paprika, sugar, and salt and cook, uncovered, over moderately low heat, stirring frequently, until mixture is very thick (jam-like), 25 to 30 minutes. Puree in a blender or food processor, then transfer to a bowl to cool.
- ☐ Preheat oven to 350 degrees F.
- ☐ Brush both sides of bread slices with remaining 3 tablespoons oil, then arrange in 1 layer on a baking sheet and bake, turning once, until lightly toasted, about 15 minutes total.
- ☐ Spread the toasts with the confit, top with a chive baton, and place an olive 1/2, rounded-side up, in the center of each.
- ☐ Cooks' note: Confit can be made 4 days ahead and chilled, covered. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:0.92869564696499%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 50.78kcal (2.54%), Fat: 5.19g (7.99%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 324.34mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin E: 1.07mg (7.16%), Fiber: 0.72g (2.88%), Vitamin A: 90.95IU (1.82%), Vitamin K: 1.6µg (1.52%), Copper: 0.03mg (1.29%), Calcium: 11.75mg (1.17%)