

Spanish Toast



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 garlic cloves halved
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 teaspoon sea salt
- ☐ 2 ounce sourdough bread
- ☐ 4 small tomatoes cut in half crosswise (3/4 pound)

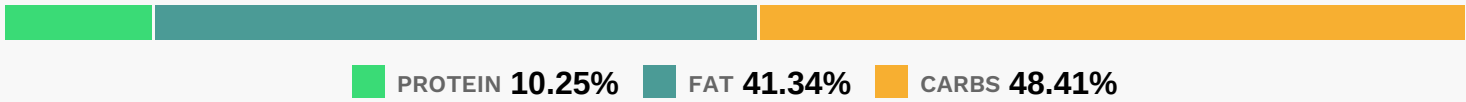
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place bread slices on grill rack; grill 2 minutes on each side or until lightly browned. Rub 1 side of each bread slice with 1 garlic clove half and 1 tomato half (tomato pulp will rub off onto bread). Discard tomato peels.
- ☐ Drizzle 1/2 teaspoon olive oil over each bread slice; sprinkle evenly with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:2.9913043561189%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 47.54kcal (2.38%), Fat: 2.27g (3.5%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.24g (1.9%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 117.92mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 6.7mg (8.12%), Vitamin A: 379.49IU (7.59%), Manganese: 0.12mg (6.11%), Vitamin K: 4.98µg (4.74%), Vitamin B1: 0.07mg (4.68%), Folate: 15.6µg (3.9%), Vitamin E: 0.55mg (3.67%), Potassium: 123.01mg (3.51%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.75g (3%), Iron: 0.44mg (2.46%), Vitamin B2: 0.04mg (2.39%), Copper: 0.04mg (2.15%), Phosphorus: 20.76mg (2.08%), Magnesium: 7.76mg (1.94%), Zinc: 0.17mg (1.13%), Calcium: 11.29mg (1.13%)