



Spanish tomato bread with jamón Serrano



Dairy Free



Popular

READY IN



5 min.

SERVINGS



10

CALORIES



247 kcal

Ingredients

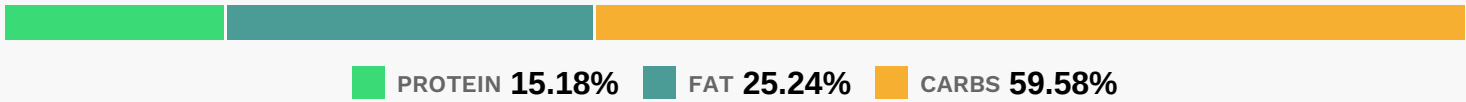
- ☐ 4 tomatoes ripe chopped
- ☐ 1 garlic clove finely chopped
- ☐ 3 tbsp olive oil
- ☐ 10 servings salt
- ☐ 10 servings bell pepper
- ☐ 20 slices baguette
- ☐ 5 slices serrano ham

Equipment

Directions

- ☐ Mix together the chopped tomatoes, garlic glove, olive oil, salt and pepper. Keep in the fridge until needed.
- ☐ To serve, toast 20 slices of baguette. Spoon a little tomato topping on to each piece of toast. Tear 5–6 slices of jamn Serrano into pieces and put one piece on each slice of bread.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:22.59, Inflammation Score:-9, Nutrition Score:17.766521723374%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 246.54kcal (12.33%), Fat: 7.02g (10.8%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 33.78g (12.29%), Sugar: 7.43g (8.25%), Cholesterol: 3.75mg (1.25%), Sodium: 732.36mg (31.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Vitamin C: 102.19mg (123.87%), Vitamin A: 2742.46IU (54.85%), Vitamin B1: 0.43mg (28.77%), Folate: 110.14µg (27.53%), Manganese: 0.44mg (22.1%), Vitamin B3: 3.93mg (19.65%), Vitamin B2: 0.28mg (16.38%), Vitamin B6: 0.33mg (16.32%), Selenium: 11.13µg (15.89%), Iron: 2.78mg (15.42%), Vitamin E: 2.23mg (14.89%), Fiber: 3.51g (14.02%), Vitamin K: 11.99µg (11.42%), Potassium: 354.44mg (10.13%), Phosphorus: 92.44mg (9.24%), Calcium: 78.04mg (7.8%), Magnesium: 31.07mg (7.77%), Copper: 0.12mg (6.01%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.78mg (5.2%)