



Stacked Heirloom Tomato Salad with Ricotta Salata Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce country peasant loaf bread
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove halved
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 ounces pecorino crumbled

- ☐ 4 ounces silken tofu reduced-fat
- ☐ 6 medium tomatoes cut into 1/3-inch-thick slices (3 1/4 pounds)
- ☐ 2 tablespoons water

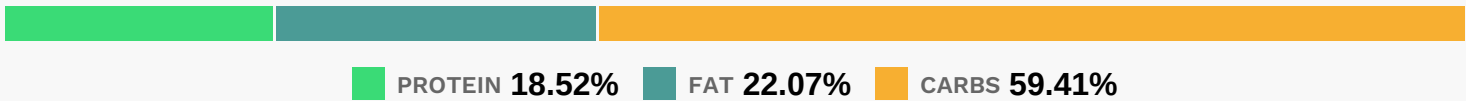
Equipment

- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill or grill pan.
- ☐ Place bread on grill rack or grill pan coated with cooking spray; grill 2 minutes on each side or until lightly browned.
- ☐ Remove from grill. Rub cut sides of halved garlic clove over one side of each bread slice. Set aside.
- ☐ Combine cheese, tofu, water, lemon juice, and minced garlic in a blender; process until smooth.
- ☐ Place one bread slice on each of 6 plates; divide tomato slices evenly among servings. Spoon about 1 tablespoon cheese mixture on each serving; sprinkle evenly with basil and pepper.

Nutrition Facts



Properties

Glycemic Index:47.61, Glycemic Load:8.71, Inflammation Score:-7, Nutrition Score:10.134347809398%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 130.31kcal (6.52%), Fat: 3.3g (5.08%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.24g (6.27%), Sugar: 5.27g (5.86%), Cholesterol: 4.82mg (1.61%), Sodium: 149.7mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Manganese: 0.55mg (27.5%), Vitamin C: 19.33mg (23.44%), Vitamin A: 1122.17IU (22.44%), Vitamin K: 15.92µg (15.16%), Selenium: 9.7µg (13.86%), Vitamin B1: 0.19mg (12.4%), Vitamin B3: 2.41mg (12.03%), Folate: 45.45µg (11.36%), Potassium: 391.96mg (11.2%), Fiber: 2.77g (11.06%), Phosphorus: 95.76mg (9.58%), Iron: 1.63mg (9.05%), Copper: 0.17mg (8.43%), Magnesium: 33.48mg (8.37%), Calcium: 78.66mg (7.87%), Vitamin B6: 0.15mg (7.66%), Vitamin B2: 0.12mg (7.29%), Vitamin E: 0.75mg (4.99%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.38mg (3.81%)