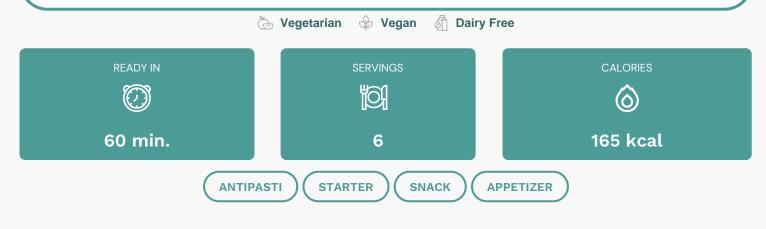


Stewed-Tomato Bruschetta



Ingredients

0.3 teaspoon pepper black
1 rib celery stalks finely chopped
1 teaspoon curry powder (preferably Madras)
2 teaspoons t brown sugar dark packed
3 large garlic clove thinly sliced lengthwise
0.5 cup olive oil extra virgin extra-virgin
1 cup onion finely chopped
0.8 teaspoon salt

	3 large slices sourdough bread (cut from center of a 9- to 10-inch round loaf)		
	2 lb tomatoes cored cut into 1-inch-wide wedges		
	2 turkish bay leaf		
Equipment			
	bowl		
	frying pan		
	paper towels		
	grill		
	slotted spoon		
	grill pan		
Directions			
ш	Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic, bay leaves, and cloves, stirring, until garlic is golden, 35 to 40 seconds.		
	Remove from heat, then transfer garlic, bay leaves, and cloves with a slotted spoon to paper towels to drain. Reserve all but 2 tablespoons oil in a heatproof bowl, then add celery, onion, frying pepper, curry powder, salt, pepper, and reserved bay leaves and cloves to skillet and cook, stirring occasionally, until vegetables are softened, about 5 minutes.		
	Add tomatoes and 1 teaspoon brown sugar and cook, stirring occasionally, until tomatoes are just beginning to break down, about 20 minutes.		
	Remove skillet from heat and stir in half of reserved garlic slices.		
	Add remaining 1 to 2 teaspoons brown sugar, if desired.		
	Heat grill pan over moderately high heat until hot but not smoking.		
	Meanwhile, brush both sides of bread slices with reserved olive oil, then grill in hot grill pan, turning over once, until pale golden and grill marks appear, about 4 minutes total.		
	Spoon tomato mixture onto toast on plates and sprinkle with remaining garlic slices.		
Nutrition Facts			
	PROTEIN 12.16% FAT 24.92% CARBS 62.92%		

Properties

Glycemic Index:40.75, Glycemic Load:15.05, Inflammation Score:-8, Nutrition Score:11.066521831181%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 165.47kcal (8.27%), Fat: 4.76g (7.33%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 23.92g (8.7%), Sugar: 7.91g (8.78%), Cholesterol: Omg (0%), Sodium: 492.98mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin C: 23.21mg (28.14%), Vitamin A: 1266.7IU (25.33%), Manganese: 0.43mg (21.45%), Vitamin B1: 0.3mg (19.96%), Folate: 67.81µg (16.95%), Vitamin K: 14.99µg (14.27%), Selenium: 9.58µg (13.68%), Potassium: 449.46mg (12.84%), Fiber: 3.15g (12.59%), Vitamin B3: 2.5mg (12.49%), Vitamin B6: 0.21mg (10.56%), Iron: 1.89mg (10.52%), Vitamin B2: 0.18mg (10.33%), Vitamin E: 1.48mg (9.89%), Phosphorus: 81.34mg (8.13%), Copper: 0.16mg (7.88%), Magnesium: 31.09mg (7.77%), Zinc: 0.67mg (4.46%), Calcium: 44.24mg (4.42%), Vitamin B5: 0.29mg (2.87%)