



Stewed-Tomato Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- ☐ 3 large slices sourdough (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

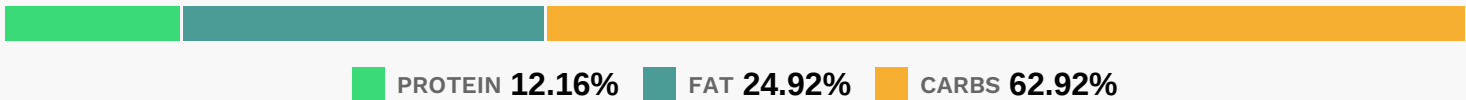
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ 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



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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg 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: 0mg (0%), Sodium: 492.98mg (21.43%), Alcohol: 0g (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%)