



Toasted Baguette with Tomatoes and Anchovies

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

Ingredients

- ☐ 12 fillet anchovy
- ☐ 16 ounce bread lightly toasted halved lengthwise
- ☐ 3 garlic clove pressed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 8 servings olive oil extra virgin extra-virgin
- ☐ 2.3 pounds vine ripened tomato halved seeded

Equipment

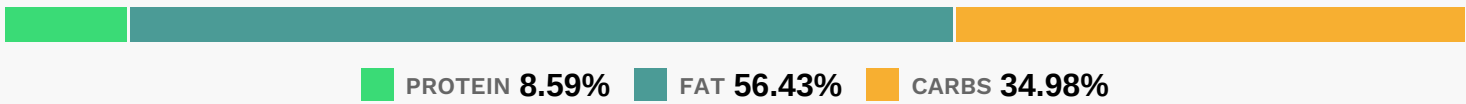
- ☐ bowl

☐ grater

Directions

- ☐ Using coarse grater held over medium bowl, grate tomatoes down to skin. Discard skin.
- ☐ Add 1/3 cup olive oil and garlic to grated tomatoes. Season mixture to taste with salt and pepper. (Tomatoes can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Place toast pieces on platter.
- ☐ Drizzle with additional oil.
- ☐ Place anchovies in small bowl.
- ☐ Serve toast, passing tomatoes and anchovies alongside.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:24.09, Inflammation Score:-8, Nutrition Score:14.17478271671%

Flavonoids

Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 390.04kcal (19.5%), Fat: 24.92g (38.34%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 31.96g (11.62%), Sugar: 5.99g (6.65%), Cholesterol: 3.6mg (1.2%), Sodium: 354.6mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin B1: 0.46mg (30.35%), Vitamin E: 4.16mg (27.7%), Selenium: 18.57µg (26.52%), Manganese: 0.47mg (23.28%), Vitamin K: 24.35µg (23.19%), Folate: 89.45µg (22.36%), Vitamin B3: 4.34mg (21.7%), Vitamin C: 17.83mg (21.61%), Vitamin A: 1065.78IU (21.32%), Vitamin B2: 0.28mg (16.64%), Iron: 2.9mg (16.14%), Potassium: 396.41mg (11.33%), Fiber: 2.8g (11.21%), Phosphorus: 102.31mg (10.23%), Vitamin B6: 0.19mg (9.26%), Copper: 0.18mg (8.87%), Magnesium: 34.92mg (8.73%), Zinc: 0.92mg (6.15%), Calcium: 53.33mg (5.33%), Vitamin B5: 0.35mg (3.48%)