

Asiago Toasts

READY IN



15 min.

SERVINGS



10

CALORIES



123 kcal

Ingredients

- ☐ 0.5 baguette french cut into 18 slices
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup mayonnaise dressing with olive oil or hellmann's® or best foods® real mayonnaise best foods®
- ☐ 1 cup parmesan-reggiano cheese shredded

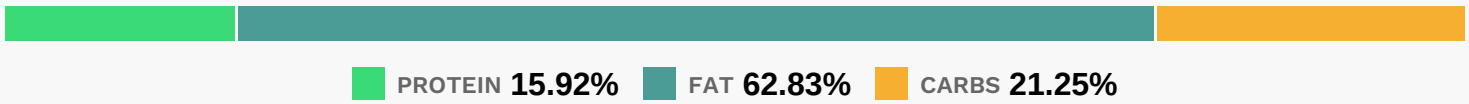
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Combine all ingredients except baguette in small bowl.
- ☐ Arrange baguette slices in a single layer on baking sheet; spread cheese mixture on baguette. Broil until the cheese is melted and golden, about 3 minutes.
- ☐ Also terrific with Hellmann's or Best Food Light Mayonnaise.
- ☐ TIP: Cheese mixture can be made up to 1 day ahead.
- ☐ Combine as above and refrigerate covered until ready to use

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:4.26, Inflammation Score:-1, Nutrition Score:3.4330434922291%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.8kcal (6.14%), Fat: 8.51g (13.09%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.21g (2.26%), Sugar: 0.71g (0.79%), Cholesterol: 9.94mg (3.31%), Sodium: 284.91mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Calcium: 132.67mg (13.27%), Vitamin K: 12.72µg (12.12%), Phosphorus: 83.3mg (8.33%), Selenium: 4.61µg (6.59%), Vitamin B1: 0.08mg (5.2%), Vitamin B2: 0.08mg (4.42%), Folate: 14.46µg (3.61%), Manganese: 0.07mg (3.28%), Vitamin B3: 0.6mg (2.98%), Iron: 0.53mg (2.97%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.3mg (2.02%), Magnesium: 7.8mg (1.95%), Vitamin A: 82.98IU (1.66%), Vitamin B6: 0.03mg (1.32%), Fiber: 0.27g (1.08%), Vitamin B5: 0.11mg (1.07%), Copper: 0.02mg (1.03%)