



Bacon-Tomato Cheese Toasts

READY IN



55 min.

SERVINGS



4

CALORIES



769 kcal

Ingredients

- 8 strips bacon
- 0.8 cup cheddar cheese grated
- 0.3 cup parsley fresh chopped
- 4 servings kosher salt
- 0.8 cup mayonnaise
- 0.8 cup part-skim mozzarella cheese grated
- 4 servings pepper freshly ground
- 5 scallions finely chopped
- 4 slices texas toast croutons thick
- 2 tomatoes ripe

- 0.5 small zucchini very thinly sliced

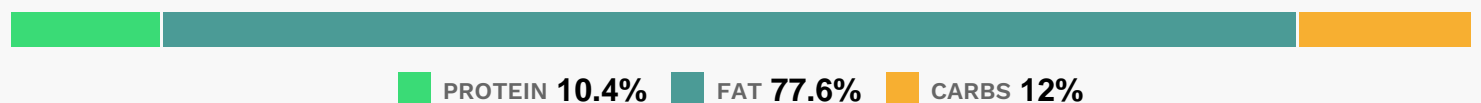
Equipment

- bowl
- frying pan
- baking sheet
- oven
- colander

Directions

- Preheat the oven to 400 degrees. Core the tomatoes and thinly slice.
- Place in a colander in the sink and sprinkle with 1/2 teaspoon salt; let drain for at least 15 minutes.
- Meanwhile, cook the bacon in a large skillet over medium heat until crisp, about 10 minutes; transfer to a paper-towel-lined plate.
- Pour off and reserve the drippings, leaving 1 tablespoon in the skillet; toast the bread on one side in the drippings until golden (do this in batches, adding more drippings as needed).
- Place the bread, toasted-side down, on a baking sheet.
- Combine the cheeses with the mayonnaise, scallions and parsley in a bowl.
- Spread the cheese mixture on the toasts, reserving about 1/3 cup. Crumble the bacon on top. Shake any excess liquid from the tomatoes; distribute the zucchini and tomatoes among the toasts. Dot with the reserved cheese mixture and season with pepper.
- Bake until golden brown, 15 to 20 minutes.
- Serve warm.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:18.639130385026%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 769.24kcal (38.46%), Fat: 66.66g (102.55%), Saturated Fat: 19g (118.73%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.77g (7.55%), Sugar: 4.91g (5.46%), Cholesterol: 81.31mg (27.1%), Sodium: 1238.7mg (53.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Vitamin K: 167.51µg (159.53%), Iron: 7.04mg (39.08%), Calcium: 344.62mg (34.46%), Phosphorus: 294.7mg (29.47%), Vitamin A: 1364.68IU (27.29%), Selenium: 18.96µg (27.08%), Vitamin C: 18.87mg (22.88%), Vitamin E: 2.22mg (14.78%), Zinc: 2.19mg (14.61%), Vitamin B2: 0.24mg (14.24%), Vitamin B3: 2.36mg (11.82%), Vitamin B6: 0.24mg (11.79%), Vitamin B1: 0.18mg (11.77%), Vitamin B12: 0.67µg (11.12%), Potassium: 377.27mg (10.78%), Fiber: 2.42g (9.7%), Folate: 36.52µg (9.13%), Magnesium: 30.72mg (7.68%), Manganese: 0.15mg (7.57%), Vitamin B5: 0.53mg (5.33%), Copper: 0.1mg (5.12%), Vitamin D: 0.45µg (3%)