



## Basil Pesto Bread Rounds

READY IN



18 min.

SERVINGS



8

CALORIES



341 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 0.3 cup basil pesto
- 1 pound baguette french
- 2 cloves garlic minced
- 0.7 cup mayonnaise
- 0.5 cup parmesan cheese freshly grated
- 8 servings salt to taste

### Equipment

- bowl

- baking sheet
- oven
- broiler

## Directions

- Preheat oven on broiler setting. Arrange bread slices in a single layer on a cookie sheet.
- Place under broiler for 5 to 8 minutes, or until lightly toasted on one side. Watch carefully to ensure they don't burn.
- Remove from oven, and flip bread slices so that the toasted side is on the bottom.
- Set the oven temperature for 350 degrees F (175 degrees C). In a small bowl, mix together mayonnaise, pesto, garlic, Parmesan and salt.
- Spread evenly over untoasted sides of bread slices.
- Bake in the preheated oven for 6 to 8 minutes. Set the oven to broil, and place the rounds under the broiler just until they begin to bubble and turn golden.
- Let cool slightly before serving.

## Nutrition Facts

■ PROTEIN **9.4%** ■ FAT **56.06%** ■ CARBS **34.54%**

## Properties

Glycemic Index:18.97, Glycemic Load:18.84, Inflammation Score:-4, Nutrition Score:8.7695650847062%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 341.2kcal (17.06%), Fat: 21.09g (32.44%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.86g (10.13%), Sugar: 3.11g (3.45%), Cholesterol: 14.1mg (4.7%), Sodium: 868.84mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin K: 32.25µg (30.71%), Vitamin B1: 0.34mg (22.34%), Selenium: 12.48µg (17.82%), Folate: 62µg (15.5%), Manganese: 0.28mg (14.14%), Calcium: 134.39mg (13.44%), Vitamin B3: 2.58mg (12.92%), Vitamin B2: 0.21mg (12.23%), Iron: 2.1mg (11.65%), Phosphorus: 98.56mg (9.86%), Fiber: 1.37g (5.49%), Vitamin A: 274.58IU (5.49%), Vitamin E: 0.81mg (5.39%), Zinc: 0.76mg (5.04%), Magnesium: 17.31mg (4.33%), Copper: 0.08mg (3.85%), Vitamin B6: 0.07mg (3.74%), Vitamin B5: 0.27mg (2.71%),

Potassium: 88.59mg (2.53%), Vitamin B12: 0.11µg (1.78%)