



Blue Cheese Walnut Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



92 kcal

Ingredients

- 4 ounces cheese blue crumbled
- 0.3 cup butter softened
- 1 crusty baguette french cut into 1/ slices
- 0.5 cup parsley fresh chopped
- 20 servings salt and pepper to taste
- 0.5 cup walnut pieces chopped

Equipment

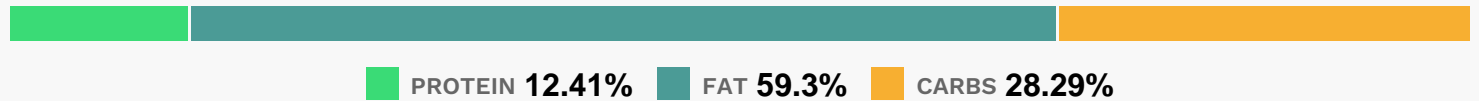
- bowl
- baking sheet

oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Brush one side of each slice of bread with melted butter, and place butter side up on a baking sheet.
- Bake for 7 minutes, or until lightly toasted.
- In a small bowl, stir together the blue cheese, softened butter, salt and pepper.
- Spread this mixture over the tops of the toasted bread slices, then sprinkle with chopped walnuts.
- Bake for 6 minutes in the preheated oven, or until the topping is melted and bubbly. Arrange on a serving tray and garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:4.0460869929065%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 92.4kcal (4.62%), Fat: 6.19g (9.52%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.71g (0.78%), Cholesterol: 10.35mg (3.45%), Sodium: 355.39mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin K: 25.39µg (24.18%), Manganese: 0.16mg (8.06%), Vitamin B1: 0.09mg (5.72%), Folate: 20.65µg (5.16%), Calcium: 48.8mg (4.88%), Vitamin A: 241.12IU (4.82%), Phosphorus: 45.49mg (4.55%), Selenium: 3.15µg (4.49%), Vitamin B2: 0.07mg (4.04%), Iron: 0.63mg (3.5%), Vitamin B3: 0.68mg (3.39%), Copper: 0.07mg (3.31%), Magnesium: 9.99mg (2.5%), Vitamin C: 2.03mg (2.46%), Zinc: 0.36mg (2.39%), Fiber: 0.51g (2.03%), Vitamin B6: 0.04mg (1.98%), Vitamin B5: 0.17mg (1.71%), Potassium: 51.95mg (1.48%), Vitamin B12: 0.07µg (1.23%)