



Broiled Ricotta-Tomato Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

Ingredients

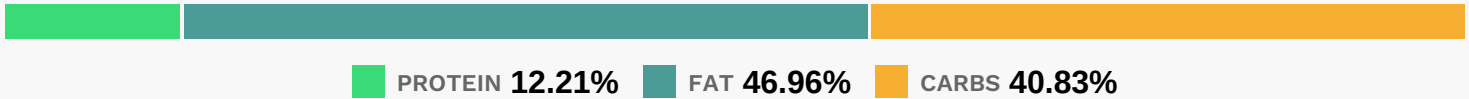
- ☐ 0.3 cup cherry tomato halves
- ☐ 4 slices top
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 4 servings salt and pepper black freshly ground to taste

Equipment

Directions

- ☐ Lightly toast bread.
- ☐ Spread each toast slice with 2 tablespoons ricotta. Scatter cherry tomato halves over the ricotta.
- ☐ Drizzle the toasts with a small amount of extra-virgin olive oil (1/2 teaspoon each), and sprinkle with salt and freshly ground black pepper. Broil 1 to 2 minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:25.62, Inflammation Score:-4, Nutrition Score:10.74826076562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 342.55kcal (17.13%), Fat: 18.01g (27.71%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 33.75g (12.27%), Sugar: 3.29g (3.65%), Cholesterol: 9.61mg (3.2%), Sodium: 425.35mg (18.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.08%), Selenium: 23.53µg (33.62%), Vitamin B1: 0.46mg (30.96%), Folate: 83.98µg (20.99%), Vitamin B2: 0.33mg (19.58%), Manganese: 0.36mg (18.05%), Vitamin B3: 3.16mg (15.8%), Iron: 2.79mg (15.5%), Vitamin E: 2.23mg (14.84%), Phosphorus: 126.7mg (12.67%), Calcium: 119.21mg (11.92%), Vitamin K: 9.52µg (9.06%), Zinc: 1.1mg (7.3%), Magnesium: 26.14mg (6.53%), Fiber: 1.5g (5.99%), Copper: 0.12mg (5.81%), Vitamin B6: 0.08mg (4.12%), Potassium: 135.4mg (3.87%), Vitamin A: 165.13IU (3.3%), Vitamin B5: 0.3mg (3.02%), Vitamin C: 2.12mg (2.57%), Vitamin B12: 0.09µg (1.5%)