

Cheddar Bacon Toasts

READY IN



25 min.

SERVINGS



8

CALORIES



435 kcal

Ingredients

- 1 pound bread french
- 0.3 cup bacon crumbled cooked
- 0.8 cup mayonnaise
- 8 ounces cheddar cheese shredded finely

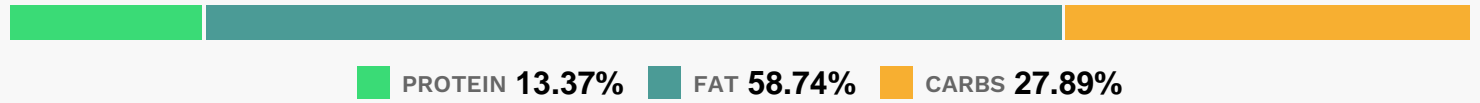
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, combine the cheese, mayonnaise and bacon.
- Cut the bread into 24 slices, about 1/2 in. each.
- Spread the cheese mixture on one side of each slice.
- Place on an ungreased baking sheet.
- Bake at 425° for 8–10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:22.93, Inflammation Score:-5, Nutrition Score:12.808260782905%

Nutrients (% of daily need)

Calories: 434.72kcal (21.74%), Fat: 28.37g (43.65%), Saturated Fat: 8.77g (54.78%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 29.07g (10.57%), Sugar: 2.83g (3.15%), Cholesterol: 41.83mg (13.94%), Sodium: 739.18mg (32.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Selenium: 27.11µg (38.73%), Vitamin K: 35.31µg (33.63%), Vitamin B1: 0.44mg (29.28%), Calcium: 232.11mg (23.21%), Vitamin B2: 0.38mg (22.47%), Phosphorus: 212.05mg (21.21%), Folate: 76.74µg (19.19%), Vitamin B3: 3.24mg (16.21%), Manganese: 0.3mg (15.12%), Iron: 2.35mg (13.06%), Zinc: 1.81mg (12.04%), Vitamin E: 1.04mg (6.94%), Magnesium: 27.47mg (6.87%), Vitamin B12: 0.38µg (6.28%), Vitamin A: 299.45IU (5.99%), Vitamin B6: 0.11mg (5.35%), Copper: 0.1mg (5.22%), Fiber: 1.25g (4.99%), Vitamin B5: 0.4mg (3.95%), Potassium: 115.86mg (3.31%), Vitamin D: 0.23µg (1.54%)