



## Cheese and Pesto Toasts

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



265 kcal

### Ingredients

- 0.5 cup classico basil pesto sauce and spread traditional
- 8 oz cracker barrel extra sharp cheddar cheese cut into 24 slices
- 1 lb bread italian toasted cut into 12 slices,
- 4 plum tomatoes cut into 6 slices each

### Equipment

- baking sheet

### Directions

- Spread toast slices with pesto; place on baking sheet.
- Top with tomatoes and cheese.
- Broil 2 to 3 min. or until cheese is melted.

## Nutrition Facts



### Properties

Glycemic Index:4.33, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:3.9734782032345%

### Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 265.39kcal (13.27%), Fat: 18.91g (29.09%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.07g (5.84%), Sugar: 10.09g (11.21%), Cholesterol: 15.78mg (5.26%), Sodium: 289.19mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Calcium: 121.86mg (12.19%), Vitamin A: 455.88IU (9.12%), Phosphorus: 84.41mg (8.44%), Vitamin B3: 1.47mg (7.33%), Folate: 24.71µg (6.18%), Selenium: 4.28µg (6.11%), Vitamin B2: 0.1mg (5.71%), Fiber: 1.39g (5.56%), Zinc: 0.64mg (4.29%), Iron: 0.75mg (4.18%), Vitamin B1: 0.05mg (3.52%), Potassium: 116.45mg (3.33%), Magnesium: 11.04mg (2.76%), Vitamin C: 2.27mg (2.75%), Vitamin B12: 0.16µg (2.67%), Vitamin K: 1.67µg (1.59%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.18%), Manganese: 0.02mg (1.02%)