



Cheese-and-Tomato Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 oz cream cheese at room temperature
- ☐ 2 cloves garlic halved
- ☐ 8 oz bread italian
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parsley chopped
- ☐ 2 plum tomatoes diced seeded
- ☐ 0.1 teaspoon salt

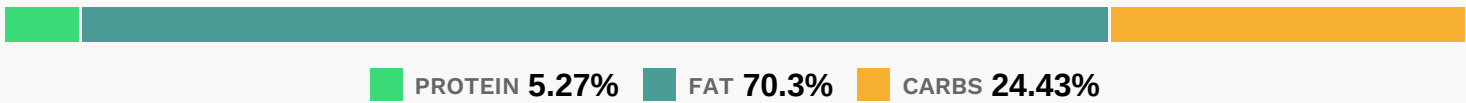
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400F. In a small bowl, stir together goat cheese, 1 Tbsp. parsley and pepper until thoroughly combined. In a medium bowl, stir together tomatoes, 2 tsp. olive oil, salt and 1 1/2 tsp. parsley.
- ☐ Slice off and discard ends of bread. Slice loaf diagonally into 1/2-inch-thick slices and place on a baking sheet. Toast in oven until golden brown, about 5 minutes. Rub 1 side of each toast slice with cut side of garlic.
- ☐ Brush with remaining olive oil.
- ☐ Just before serving, spread toast slices with cheese mixture and top with tomato mixture.
- ☐ Sprinkle remaining 1 1/2 tsp. parsley on top.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:3.9947825981223%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 271.04kcal (13.55%), Fat: 21.4g (32.92%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.49g (5.63%), Sugar: 9.85g (10.94%), Cholesterol: 17.9mg (5.97%), Sodium: 198.73mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin K: 21.27µg (20.26%), Vitamin A: 451.72IU (9.03%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 1mg (6.67%), Folate: 23.33µg (5.83%), Fiber: 1.24g (4.97%), Vitamin C: 3.69mg (4.47%), Iron: 0.77mg (4.26%), Vitamin B2: 0.07mg (4.18%), Potassium: 131.08mg (3.75%), Phosphorus: 34.99mg (3.5%), Vitamin B1: 0.05mg (3.46%), Selenium: 1.63µg (2.33%), Magnesium: 8.91mg (2.23%), Calcium:

21.83mg (2.18%), Manganese: 0.04mg (2.09%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.19mg (1.28%), Vitamin B5:
0.12mg (1.24%)