



Cheese on Toast

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 sprigs thyme leaves dried fresh washed stemmed
- 16 ounces tangy goat cheese fresh cut into 16 slices
- 1 loaf bread italian thick cut into 16 (1-inch) rounds on a bias
- 16 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 16 servings sea salt

Equipment

- bowl

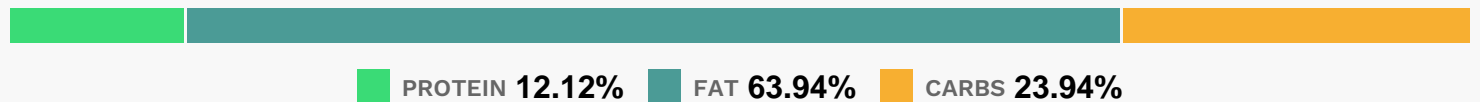
frying pan

tongs

Directions

- The thing I like most about a recipe like this is that you have a chance to showcase your favorite type of cheese in a way that's hard for people to resist. I like goat cheese for the "tang" factor and the supple texture. This goes great with a bowl of my chicken soup but can really fit in with any soup for the "comfort" factor.
- Heat a large skillet over medium heat and add the olive oil. When the oil begins to smoke lightly, shut off the heat and add the thyme leaves. The thyme should make a crackling sound as it hits the oil, cooking it slightly and mellowing the flavor.
- Add the bread in a single layer. Turn the heat back on and cook over medium heat until the first side browns, 2 to 3 minutes.
- Use a pair of tongs to turn the toasts on their second side and season with kosher salt. Top each round with a slice of cheese and continue cooking them over very low heat or off the heat, an additional 2 to 3 minutes. Adjust the seasonings with sea salt, to taste.
- Serve alone or alongside soup, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.9852173859658%

Nutrients (% of daily need)

Calories: 248.99kcal (12.45%), Fat: 17.74g (27.29%), Saturated Fat: 9.82g (61.35%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 13.86g (5.04%), Sugar: 9.01g (10.01%), Cholesterol: 13.04mg (4.35%), Sodium: 597.12mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Copper: 0.21mg (10.5%), Phosphorus: 83.55mg (8.36%), Iron: 1.46mg (8.09%), Vitamin B2: 0.13mg (7.89%), Vitamin B3: 1.41mg (7.04%), Vitamin A: 302.35IU (6.05%), Vitamin K: 5.85µg (5.57%), Folate: 21.92µg (5.48%), Calcium: 44.67mg (4.47%), Fiber: 1.08g (4.33%), Vitamin B1: 0.06mg (4.05%), Vitamin B6: 0.07mg (3.61%), Magnesium: 9.91mg (2.48%), Manganese: 0.05mg (2.45%), Zinc: 0.33mg (2.23%), Vitamin E: 0.32mg (2.14%), Potassium: 70.94mg (2.03%), Vitamin B5: 0.19mg (1.93%), Selenium: 0.81µg (1.15%)