



Cheese Toast

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

Ingredients

- ☐ 8 slices bread
- ☐ 2 teaspoons mustard prepared
- ☐ 4 ounces sharp cheddar cheese shredded softened
- ☐ 8 servings toppings: such as pickles sweet
- ☐ 2 tablespoons whipping cream
- ☐ 0.3 teaspoon worcestershire sauce

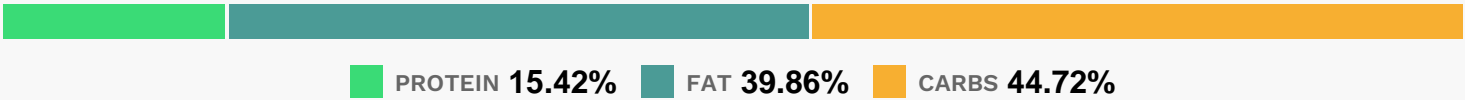
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove crust from bread; toast bread until lightly browned on both sides, and set aside.
- ☐ Combine cheese, whipping cream, mustard, and Worcestershire sauce in a small bowl, mixing until well blended.
- ☐ Spread reserved toast with cheese mixture.
- ☐ Place toast on a 15- x 10- x 1-inch jellyroll pan; broil 4 to 5 inches from heating element just until cheese melts.
- ☐ Serve immediately with pickles as an accompaniment to soups or stews.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:7.24, Inflammation Score:-4, Nutrition Score:6.6886956886105%

Nutrients (% of daily need)

Calories: 170.96kcal (8.55%), Fat: 7.59g (11.67%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 17.73g (6.45%), Sugar: 6.37g (7.08%), Cholesterol: 18.41mg (6.14%), Sodium: 356.59mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Selenium: 12.61µg (18.02%), Manganese: 0.36mg (17.83%), Calcium: 153.93mg (15.39%), Vitamin K: 13.63µg (12.98%), Phosphorus: 109.18mg (10.92%), Vitamin B2: 0.15mg (8.75%), Vitamin B1: 0.13mg (8.58%), Vitamin B3: 1.61mg (8.06%), Vitamin A: 389.75IU (7.8%), Folate: 27.28µg (6.82%), Iron: 1.13mg (6.26%), Zinc: 0.86mg (5.73%), Fiber: 1.42g (5.7%), Magnesium: 17.94mg (4.49%), Vitamin B5: 0.31mg (3.14%), Copper: 0.05mg (2.74%), Vitamin B12: 0.16µg (2.6%), Vitamin B6: 0.05mg (2.45%), Potassium: 82.33mg (2.35%), Vitamin E: 0.29mg (1.92%)