



Cheesy Crostini

READY IN



8 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices diagonally-cut baguette (1/2-inch-thick)
- ☐ 2 garlic cloves halved lengthwise
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 large plum tomatoes

Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Arrange baguette slices on a baking sheet. Rub cut surfaces of garlic over both sides of bread.
- ☐ Place 1 tomato slice on each; sprinkle evenly with cheese.
- ☐ Bake at 450 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:21.42, Inflammation Score:-4, Nutrition Score:8.3282608603654%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 197.1kcal (9.85%), Fat: 3.54g (5.44%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 31.1g (11.31%), Sugar: 3.43g (3.81%), Cholesterol: 5.44mg (1.81%), Sodium: 505.92mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin B1: 0.38mg (25.53%), Selenium: 13.41µg (19.16%), Folate: 71.22µg (17.81%), Manganese: 0.34mg (17.25%), Vitamin B3: 3.01mg (15.07%), Vitamin B2: 0.23mg (13.62%), Iron: 2.3mg (12.8%), Calcium: 126.71mg (12.67%), Phosphorus: 106.44mg (10.64%), Fiber: 1.56g (6.25%), Zinc: 0.82mg (5.47%), Magnesium: 20.91mg (5.23%), Vitamin B6: 0.1mg (5.13%), Copper: 0.09mg (4.68%), Potassium: 133.61mg (3.82%), Vitamin A: 183.31IU (3.67%), Vitamin C: 2.59mg (3.14%), Vitamin K: 3.28µg (3.12%), Vitamin B5: 0.28mg (2.85%), Vitamin E: 0.3mg (2.02%), Vitamin B12: 0.08µg (1.41%)