



Ciabatta Parmesan Toasts

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

Ingredients

- 6 servings pepper black freshly ground
- 6 ounce ciabatta bread
- 1 tablespoon mayonnaise
- 1 tablespoon parmesan cheese grated

Equipment

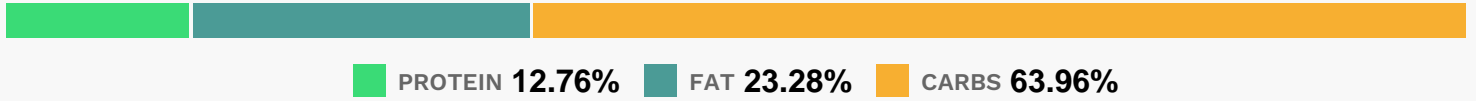
- broiler

Directions

- Preheat broiler. Broil ciabatta bread slices 1 minute on each side or until toasted.

- Combine Parmesan cheese and canola mayonnaise.
- Spread about 1/2 teaspoon cheese mixture on each slice; sprinkle each with a dash of freshly ground black pepper. Broil 30 seconds.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.42999999962099%

Nutrients (% of daily need)

Calories: 84.55kcal (4.23%), Fat: 2.18g (3.35%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 13.14g (4.78%), Sugar: 0.01g (0.02%), Cholesterol: 1.71mg (0.57%), Sodium: 168.33mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin K: 3.98µg (3.79%), Fiber: 0.34g (1.35%)