



Four-Cheese Toast

 Vegetarian

READY IN



7 min.

SERVINGS



2

CALORIES



132 kcal

Ingredients

- ☐ 0.3 teaspoon parsley dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons cheese blend shredded italian with parmesan, romano, and asiago (such as digiorno)
- ☐ 1.5 teaspoons butter light
- ☐ 2 tablespoons part-skim mozzarella cheese shredded
- ☐ 1.4 ounce roll french hot (such as Pepperidge Farm & Crusty)

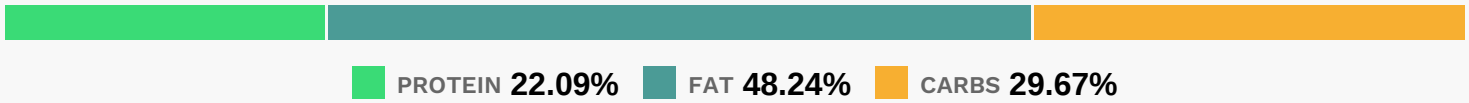
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut roll diagonally into 4 (1/4-inch-thick) slices. Trim end pieces so that bread lies flat, and discard end pieces.
- ☐ Combine butter, parsley, and thyme; spread evenly onto 1 side of each bread slice. Top with cheeses.
- ☐ Place bread on a baking sheet; broil 1 to 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:2.6691303965838%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 132.09kcal (6.6%), Fat: 7.14g (10.99%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.53g (3.47%), Sugar: 1.38g (1.53%), Cholesterol: 15.08mg (5.03%), Sodium: 190.9mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.71%), Iron: 3.21mg (17.82%), Calcium: 138.7mg (13.87%), Phosphorus: 70.03mg (7%), Selenium: 2.17µg (3.11%), Zinc: 0.43mg (2.84%), Vitamin B2: 0.05mg (2.83%), Vitamin A: 138.89IU (2.78%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.13µg (2.1%), Fiber: 0.35g (1.39%)