



French in a Flash: Boursin and Tomato Mini Tartines

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 4.5 inch crusty baguette
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 1 pinch fleur del sel
- ☐ 0.7 cup grape tomatoes quartered (18)
- ☐ 0.3 cup herbs like: thym fine
- ☐ 0.3 cup ricotta cheese whole

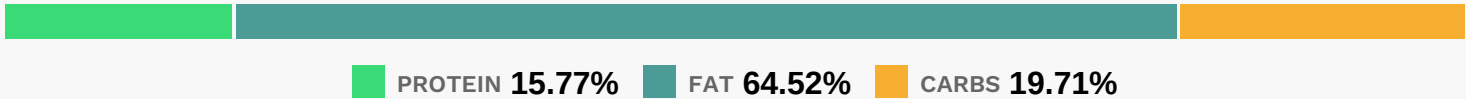
Equipment

- ☐ bowl
- ☐ toaster

Directions

- ☐ In a small bowl, mash together the Boursin and ricotta. Set aside.
- ☐ Toast the baguette slices in a toaster until just golden and slightly crisp. Set on a rack to keep crisp, and cool.
- ☐ When the bread is cool, spread with the Boursin mixture. Toss the tomato, olive oil, and fleur de sel together, and spoon on the cheese-topped baguette slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:103.38, Glycemic Load:2.67, Inflammation Score:-5, Nutrition Score:5.2243477896504%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 113.73kcal (5.69%), Fat: 8.3g (12.77%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.94g (1.8%), Sugar: 1.67g (1.85%), Cholesterol: 15.81mg (5.27%), Sodium: 83.42mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin K: 19.29µg (18.38%), Vitamin A: 709.92IU (14.2%), Vitamin C: 7.34mg (8.9%), Calcium: 80.5mg (8.05%), Selenium: 5.49µg (7.84%), Phosphorus: 68.01mg (6.8%), Vitamin E: 0.92mg (6.13%), Manganese: 0.12mg (5.97%), Vitamin B2: 0.09mg (5.32%), Folate: 19.33µg (4.83%), Potassium: 166.24mg (4.75%), Vitamin B1: 0.06mg (3.78%), Zinc: 0.51mg (3.42%), Vitamin B6: 0.06mg (3.18%), Iron: 0.57mg (3.15%), Magnesium: 12.28mg (3.07%), Vitamin B3: 0.61mg (3.07%), Fiber: 0.76g (3.06%), Copper: 0.05mg (2.71%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.14mg (1.38%)