



Garlic Cheddar Toast

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



135 kcal

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon mayonnaise light
- ☐ 8 ounce multigrain batarde
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

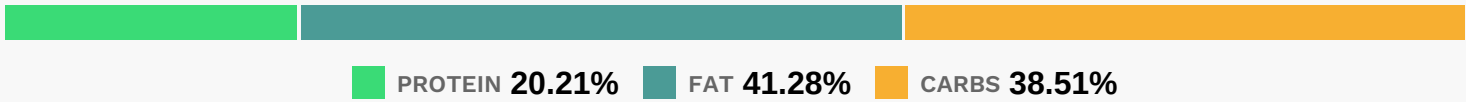
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients. Top bread slices with cheese mixture.
- ☐ Place on a baking sheet.
- ☐ Bake at 400 for 8 minutes or until cheese browns and bread is lightly toasted.

Nutrition Facts



Properties

Glycemic Index:16.46, Glycemic Load:7.5, Inflammation Score:-3, Nutrition Score:6.5273913028448%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 135.45kcal (6.77%), Fat: 6.22g (9.57%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 11.29g (4.11%), Sugar: 1.37g (1.52%), Cholesterol: 14.45mg (4.82%), Sodium: 234.91mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.71%), Manganese: 0.63mg (31.28%), Selenium: 11.48µg (16.4%), Calcium: 149.88mg (14.99%), Phosphorus: 126.62mg (12.66%), Vitamin B1: 0.12mg (7.79%), Fiber: 1.77g (7.08%), Zinc: 1.03mg (6.88%), Magnesium: 26.22mg (6.55%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 1.27mg (6.37%), Iron: 0.81mg (4.5%), Vitamin K: 4.28µg (4.08%), Vitamin B6: 0.08mg (4.08%), Folate: 15.27µg (3.82%), Copper: 0.07mg (3.61%), Vitamin A: 146.3IU (2.93%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.15µg (2.5%), Potassium: 86.91mg (2.48%), Vitamin E: 0.32mg (2.14%)