



Garlic-Cheese Toasts

READY IN



10 min.

SERVINGS



10

CALORIES



50 kcal

Ingredients

- 0.5 cup process cream cheese light softened
- 12 inch baguette french toasted
- 1 tablespoon chives fresh chopped
- 1 clove garlic minced
- 1 tablespoon parmesan topping fat-free grated

Equipment

- bowl

Directions

Combine first 4 ingredients in a small bowl, stirring until smooth.

Spread 1 teaspoon cream cheese mixture over one side of each toasted baguette slice.

Nutrition Facts

 PROTEIN **9.61%**  FAT **71.39%**  CARBS **19%**

Properties

Glycemic Index:17.38, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.0304347794989%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 50.01kcal (2.5%), Fat: 4.02g (6.18%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.59g (0.65%), Cholesterol: 11.56mg (3.85%), Sodium: 60.29mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin A: 166.27IU (3.33%), Selenium: 1.76µg (2.52%), Vitamin B2: 0.04mg (2.17%), Phosphorus: 19.17mg (1.92%), Calcium: 19.03mg (1.9%), Vitamin B1: 0.02mg (1.43%), Folate: 4.73µg (1.18%), Manganese: 0.02mg (1.08%)