



Garlic-Parmesan Toasts

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

Ingredients

- ☐ 4 ounce bread french
- ☐ 1 garlic clove halved
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated

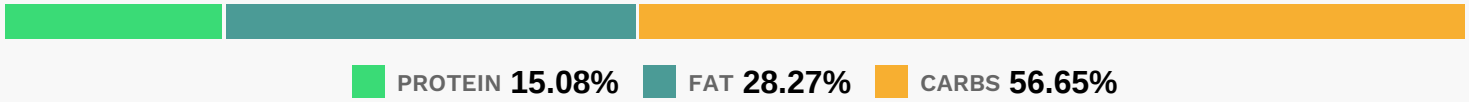
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐
- Preheat broiler to high.
- ☐
- Place French bread on a baking sheet. Broil 1 minute or until lightly toasted.
- ☐
- Brush each slice with 1/2 teaspoon olive oil; rub slices with cut side of a halved garlic clove. Top each slice evenly with 1 1/2 teaspoons grated fresh Parmigiano-Reggiano cheese. Broil 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:11.43, Inflammation Score:-2, Nutrition Score:4.0247825895963%

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: 105.71kcal (5.29%), Fat: 3.34g (5.13%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.4g (5.24%), Sugar: 1.34g (1.49%), Cholesterol: 1.7mg (0.57%), Sodium: 210.88mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin B1: 0.2mg (13.58%), Selenium: 8.78µg (12.54%), Folate: 35.07µg (8.77%), Manganese: 0.16mg (8.08%), Vitamin B2: 0.13mg (7.66%), Vitamin B3: 1.38mg (6.89%), Iron: 1.15mg (6.41%), Phosphorus: 48.26mg (4.83%), Calcium: 45.72mg (4.57%), Magnesium: 10.36mg (2.59%), Fiber: 0.64g (2.56%), Zinc: 0.37mg (2.48%), Vitamin E: 0.35mg (2.36%), Copper: 0.05mg (2.31%), Vitamin B6: 0.04mg (2.1%), Vitamin K: 1.46µg (1.39%), Vitamin B5: 0.11mg (1.1%), Potassium: 38.5mg (1.1%)