



Goat Cheese, Roasted Garlic, and Tomato Croutes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



38 kcal

SIDE DISH

Ingredients

- 6 inch diagonally bread baguette french toasted cut
- 1 garlic head whole
- 2 ounces goat cheese crumbled
- 3 plum tomatoes cut into 4 wedges

Equipment

- baking sheet
- oven

aluminum foil

Directions

Preheat oven to 42

Remove white papery skin from garlic head (do not peel or separate the cloves); wrap in foil. Line a baking sheet with foil; coat foil with cooking spray. Arrange tomato wedges in a single layer on foil.

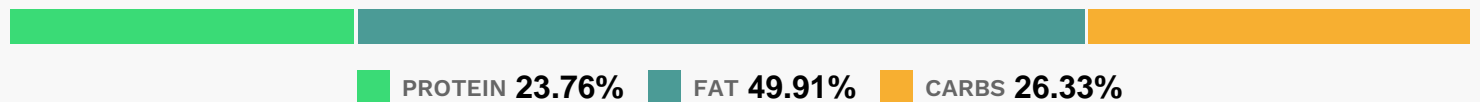
Bake garlic and tomatoes at 425 for 40 minutes, turning tomatoes after 20 minutes.

Remove tomatoes from oven; bake garlic an additional 5 minutes.

Remove garlic from oven; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash garlic pulp and goat cheese with a fork until blended.

Spread 2 teaspoons goat cheese mixture over each bread slice. Top each with 1 tomato wedge.

Nutrition Facts



Properties

Glycemic Index:21.11, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:2.3695651940677%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 38.23kcal (1.91%), Fat: 2.17g (3.34%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.05g (1.17%), Cholesterol: 4.35mg (1.45%), Sodium: 48.42mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin A: 355.94IU (7.12%), Vitamin C: 4.41mg (5.34%), Copper: 0.09mg (4.64%), Manganese: 0.08mg (4.17%), Phosphorus: 35.67mg (3.57%), Vitamin B2: 0.05mg (2.87%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.75µg (2.62%), Potassium: 81.51mg (2.33%), Calcium: 20.41mg (2.04%), Iron: 0.36mg (2.02%), Folate: 7.96µg (1.99%), Vitamin B1: 0.03mg (1.97%), Fiber: 0.48g (1.94%), Vitamin B3: 0.37mg (1.85%), Magnesium: 6.09mg (1.52%), Selenium: 1.07µg (1.52%), Vitamin E: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.17mg (1.15%)