



Goat Cheese Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

Ingredients

- ☐ 4 inch baguette
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup goat cheese

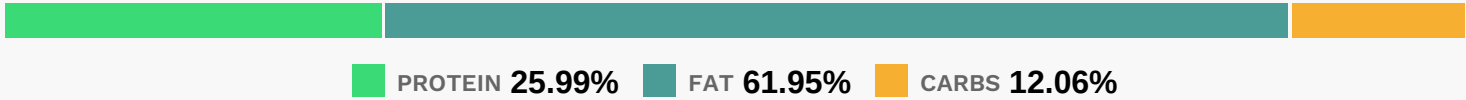
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place baguette slices on a baking sheet.
- ☐ Spread 1 1/2 teaspoons goat cheese over each bread slice.
- ☐ Sprinkle with chopped fresh thyme; broil 2 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:1.5821739124215%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 44.54kcal (2.23%), Fat: 3.07g (4.72%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.25g (0.27%), Cholesterol: 6.53mg (2.18%), Sodium: 67.95mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Copper: 0.11mg (5.49%), Phosphorus: 39.26mg (3.93%), Vitamin B2: 0.06mg (3.79%), Vitamin A: 170.31IU (3.41%), Iron: 0.44mg (2.47%), Calcium: 24.55mg (2.46%), Vitamin B6: 0.04mg (1.99%), Manganese: 0.03mg (1.73%), Vitamin B1: 0.03mg (1.66%), Selenium: 0.83µg (1.19%), Folate: 4.65µg (1.16%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.16mg (1.06%)