



Goat Cheese Toasts with Truffle Oil

READY IN



45 min.

SERVINGS



24

CALORIES



191 kcal

Ingredients

- ☐ 1 baguette cut into 24 slices 1/
- ☐ 8 ounces robiola cheese italian
- ☐ 24 servings thyme leaves fresh
- ☐ 1 medium garlic clove
- ☐ 24 servings pepper freshly ground
- ☐ 24 servings truffle oil

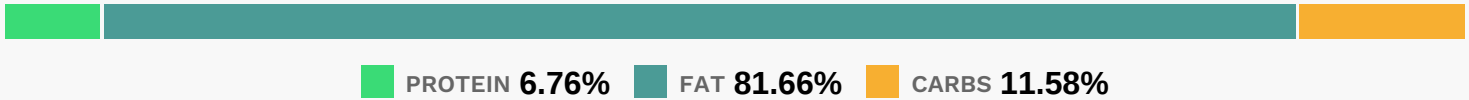
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ For this recipe, you will need a small bottle of truffle oil, typically a little less than 2 fluid ounces. The toasts make terrific hors d'oeuvres. Toast the baguette slices on a baking sheet in a 375 oven for about 8 minutes, or until golden brown. Very lightly rub the toasts with the garlic clove.
- ☐ Spread each toast with a thin layer of cheese.
- ☐ Pour a small amount of truffle oil into a teaspoon and tilt the spoon to sprinkle 3 or 4 drops of truffle oil on each toast. Top with a few thyme leaves and a pinch of black pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:3.5917391336483%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 190.74kcal (9.54%), Fat: 17.52g (26.95%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.52g (0.58%), Cholesterol: 9.45mg (3.15%), Sodium: 126.59mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin E: 2.12mg (14.12%), Vitamin K: 9.13µg (8.7%), Calcium: 82.61mg (8.26%), Selenium: 4.49µg (6.41%), Phosphorus: 54.59mg (5.46%), Vitamin B2: 0.08mg (4.71%), Vitamin B1: 0.06mg (4.28%), Manganese: 0.08mg (4.07%), Iron: 0.64mg (3.55%), Folate: 13.6µg (3.4%), Zinc: 0.45mg (3%), Vitamin A: 142.76IU (2.86%), Vitamin B3: 0.5mg (2.49%), Vitamin C: 1.64mg (1.99%), Magnesium: 7.06mg (1.77%), Vitamin B12: 0.1µg (1.67%), Fiber: 0.39g (1.55%), Copper: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.13%)