



Goat Cheese Toasts with Walnuts, Honey & Thyme

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

Ingredients

- ☐ 0.5 tsp thyme leaves fresh
- ☐ 90 g goat cheese fresh at room temperature
- ☐ 4 servings honey for drizzling
- ☐ 4 slices whole-grain bread lightly toasted
- ☐ 4 servings sea salt and freshly cracked pepper black
- ☐ 1 tsp roasted walnut oil
- ☐ 0.3 cup walnuts coarsely chopped (1 oz/30 g)

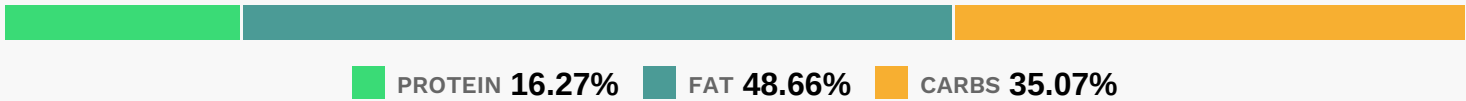
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ toaster

Directions

- ☐ Preheat the oven or toaster oven to 375°F (190°C). Arrange the toasts on a small rimmed baking sheet.
- ☐ Spread the toast slices evenly with the goat1 cheese, and sprinkle with the walnuts, dividing them evenly.
- ☐ Drizzle 1/4 tsp of the walnut oil over each toast.
- ☐ Bake until the walnuts are toasted and the cheese is warm, about 5 minutes.
- ☐ Transfer the toasts to plates and season with salt and pepper.
- ☐ Drizzle each toast with honey, then sprinkle with the thyme leaves and serve.
- ☐ Reprinted with permission from Kitchen Garden Cookbook by Jeanne Kelley, © 2013 Weldon Owen

Nutrition Facts



Properties

Glycemic Index:46.74, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:8.0495652543462%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 209.67kcal (10.48%), Fat: 11.63g (17.89%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.66g (6.06%), Sugar: 7.37g (8.19%), Cholesterol: 10.35mg (3.45%), Sodium: 403.03mg (17.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Manganese: 0.88mg (43.89%), Copper: 0.35mg (17.37%), Phosphorus: 142.65mg (14.26%), Selenium: 8.27µg (11.81%), Vitamin B1: 0.15mg (10.01%), Magnesium: 37.02mg (9.25%), Fiber: 2.2g (8.79%), Vitamin B2: 0.15mg (8.59%), Calcium: 85.25mg (8.53%), Vitamin B6: 0.16mg (7.9%), Iron: 1.41mg (7.81%), Vitamin B3: 1.43mg (7.15%), Zinc: 0.94mg (6.29%), Folate: 21.81µg (5.45%), Vitamin A: 239.48IU (4.79%), Vitamin B5: 0.39mg (3.92%), Potassium: 112.39mg (3.21%), Vitamin K: 2.96µg (2.81%),

Vitamin E: 0.25mg (1.65%)