



Guacamole-Goat Cheese Toasts

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



119 kcal

Ingredients

- ☐ 2 avocado ripe
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 medium size jalapeno seeded chopped
- ☐ 2.5 teaspoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 7 oz wholewheat pita breads white miniature
- ☐ 1 plum tomatoes seeded finely chopped

- ☐ 3 tablespoons onion red divided finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tomatillos fresh

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ potato masher

Directions

- ☐ Cut avocados in half. Scoop pulp into a bowl, and mash with a potato masher or fork until slightly chunky. Stir in 2 Tbsp. red onion and next 5 ingredients. Gently fold in cheese.
- ☐ Place plastic wrap directly on surface of mixture, and let stand at room temperature 30 minutes.
- ☐ Meanwhile, preheat oven to 37
- ☐ Finely chop tomatillo.
- ☐ Separate pita rounds lengthwise into two halves. Arrange in a single layer on a baking sheet; drizzle with olive oil.
- ☐ Bake at 375 for 6 to 8 minutes or until toasted. Top each with 1 rounded teaspoonful avocado mixture. Stir together tomatillo, tomato, and remaining 1 Tbsp. red onion. Top avocado mixture with tomatillo mixture.
- ☐ Sprinkle with coarsely ground pepper to taste.
- ☐ *1 (5-oz.) French bread baguette may be substituted for pita rounds.
- ☐ Cut bread diagonally into 42 (1/2-inch-thick) slices, discarding ends.
- ☐ Note: For testing purposes only, we used Toufayan
- ☐ Bakeries Mini Pitettes.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:7.17, Inflammation Score:-2, Nutrition Score:4.1878261125606%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 118.73kcal (5.94%), Fat: 7.6g (11.69%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.56g (0.62%), Cholesterol: 3.48mg (1.16%), Sodium: 139.81mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Fiber: 2.24g (8.97%), Vitamin K: 7.6µg (7.24%), Folate: 27.17µg (6.79%), Copper: 0.14mg (6.75%), Manganese: 0.13mg (6.42%), Vitamin E: 0.89mg (5.92%), Vitamin C: 4.53mg (5.49%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 49.19mg (4.92%), Vitamin B5: 0.49mg (4.9%), Potassium: 170.02mg (4.86%), Vitamin B2: 0.08mg (4.66%), Vitamin B3: 0.86mg (4.3%), Vitamin B1: 0.06mg (4.19%), Magnesium: 13.78mg (3.44%), Vitamin A: 159.99IU (3.2%), Iron: 0.53mg (2.92%), Calcium: 26.94mg (2.69%), Zinc: 0.37mg (2.48%)