



Hasty Hots

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

SIDE DISH

Ingredients

- 0.5 lb slender baguette cut in half
- 0.5 cup green onions diagonally sliced
- 0.5 cup mayonnaise
- 0.5 cup parmesan cheese shredded grated finely

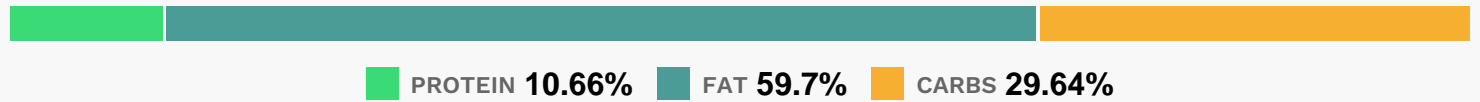
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler. Slice each baguette half lengthwise and place, cut side up, on a 12- by 15-in. baking sheet. Broil about 3 in. from heat until toasted, 2 to 3 minutes.
- Meanwhile, mix green onions, mayonnaise, and parmesan.
- Spread mixture on bread.
- Return to broiler and broil until lightly browned, about 1 1/2 minutes.
- Let cool about 2 minutes to crisp.
- Cut each piece into thirds.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:6.36, Inflammation Score:-2, Nutrition Score:3.9626086509746%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 130.08kcal (6.5%), Fat: 8.58g (13.2%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.08g (3.3%), Sugar: 1.07g (1.19%), Cholesterol: 6.75mg (2.25%), Sodium: 243.48mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 24.48µg (23.31%), Vitamin B1: 0.11mg (7.66%), Calcium: 72.92mg (7.29%), Selenium: 4.43µg (6.33%), Folate: 23.65µg (5.91%), Phosphorus: 50.37mg (5.04%), Manganese: 0.1mg (4.79%), Vitamin B2: 0.08mg (4.68%), Vitamin B3: 0.89mg (4.46%), Iron: 0.77mg (4.26%), Vitamin E: 0.39mg (2.62%), Fiber: 0.51g (2.02%), Zinc: 0.29mg (1.96%), Magnesium: 7.67mg (1.92%), Vitamin A: 80.15IU (1.6%), Copper: 0.03mg (1.47%), Vitamin B6: 0.03mg (1.34%), Potassium: 40.64mg (1.16%), Vitamin B5: 0.11mg (1.09%), Vitamin B12: 0.06µg (1.02%)