



## Herb and Goat Cheese Toasts

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



382 kcal

### Ingredients

- 1 baguette sliced
- 3 blades chives
- 12 blades chives fresh
- 1 crusty rolls sliced thin
- 0.3 cup flat-leaf parsley
- 1 tablespoon parsley fresh chopped
- 2 sprigs rosemary fresh
- 2 ounces goat cheese fresh
- 8 ounces goat cheese fresh

- 4 servings coarse pepper black
- 0.5 a sprig of rosemary

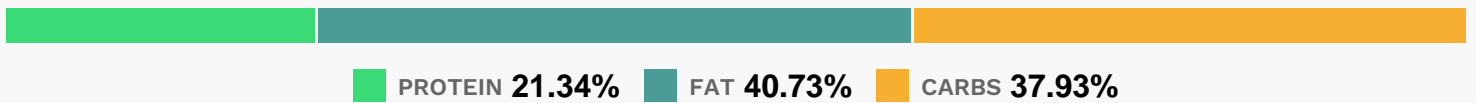
## Equipment

- baking sheet
- broiler
- cutting board
- butter knife
- broiler pan

## Directions

- Arrange sliced baguette or sliced crusty roll rounds on a cookie sheet or broiler pan. Toast under hot broiler until lightly golden on each side.
- Remove toasts from broiler and arrange on a serving plate.
- Remove goat cheese log or buttons from packaging and set on cutting board. Chop and combine fresh chives, rosemary and parsley.
- Add coarse black pepper to the herb mixture.
- Roll goat cheese in the herbs to coat evenly. Set goat cheese alongside toasts. Using a spreader or butter knife, spread herbed cheese on warm toasts.

## Nutrition Facts



## Properties

Glycemic Index:81.94, Glycemic Load:20.72, Inflammation Score:-8, Nutrition Score:18.563478246979%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 381.95kcal (19.1%), Fat: 17.18g (26.43%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 34.06g (12.39%), Sugar: 3.71g (4.12%), Cholesterol: 32.6mg (10.87%), Sodium: 711.58mg (30.94%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.26g (40.52%), Vitamin K: 89.4µg (85.14%), Vitamin B1: 0.48mg (31.79%), Copper: 0.62mg (31.17%), Vitamin B2: 0.51mg (30.09%), Vitamin A: 1297.9IU (25.96%), Phosphorus: 254.97mg (25.5%), Folate: 98.79µg (24.7%), Iron: 4.17mg (23.14%), Manganese: 0.46mg (22.8%), Selenium: 15.78µg (22.54%), Calcium: 185.4mg (18.54%), Vitamin B3: 3.7mg (18.49%), Vitamin B6: 0.26mg (12.83%), Vitamin C: 8.51mg (10.32%), Zinc: 1.32mg (8.78%), Magnesium: 33.93mg (8.48%), Vitamin B5: 0.8mg (8%), Fiber: 1.94g (7.78%), Potassium: 147.38mg (4.21%), Vitamin E: 0.39mg (2.57%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.28µg (1.89%)