



Herbed Goat-Cheese Toasts

 Vegetarian

READY IN



20 min.

SERVINGS



40

CALORIES



29 kcal

Ingredients

- 10 inch crusty baguette
- 0.5 teaspoon pepper black to taste
- 6 oz goat cheese soft at room temperature
- 0.3 cup cup heavy whipping cream
- 0.3 cup herbs like: thym mixed fresh chopped
- 3 tablespoons olive oil
- 1.5 tablespoons shallots minced

Equipment

- oven

- whisk
- baking pan

Directions

- Put oven racks in upper and lower thirds of oven and preheat oven to 350°F.
- Divide baguette slices between 2 shallow baking pans. Lightly brush tops of slices with oil, then lightly season with salt and pepper.
- Bake, switching position of pans halfway through baking, until toasts are crisp but not hard, about 10 minutes.
- Stir together goat cheese, herbs, shallot, and pepper. Season with salt.
- Beat cream with a whisk until it just holds soft peaks, then fold into cheese mixture.
- Serve with toasts.
- Toasts can be baked 1 day ahead and cooled completely, uncovered, then kept in an airtight container at room temperature. Cheese mixture can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts

  
 **PROTEIN 12.44%**  **FAT 81.55%**  **CARBS 6.01%**

Properties

Glycemic Index:5.09, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:0.64434782383235%

Nutrients (% of daily need)

Calories: 29.26kcal (1.46%), Fat: 2.68g (4.13%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.16g (0.17%), Cholesterol: 4.2mg (1.4%), Sodium: 20.19mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Copper: 0.03mg (1.67%), Vitamin A: 81.15IU (1.62%), Vitamin K: 1.46µg (1.39%), Phosphorus: 12.99mg (1.3%), Vitamin B2: 0.02mg (1.3%), Vitamin E: 0.18mg (1.2%)