



Herbed Onion Parmesan Toasts

READY IN



25 min.

SERVINGS



25

CALORIES



124 kcal

Ingredients

- ☐ 1 long baguette thinly sliced
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 cup green onions finely sliced (including tops)
- ☐ 1 tablespoon juice of lemon
- ☐ 1.3 cups mayonnaise
- ☐ 1 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper

Equipment

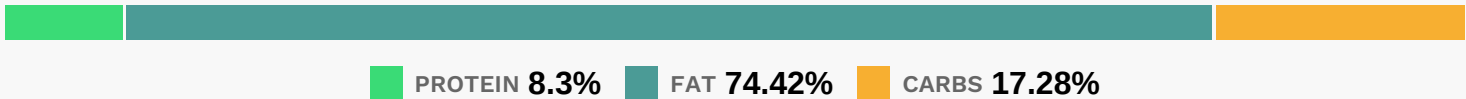
- ☐ baking sheet

☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Mix mayonnaise, parmesan, green onions, dill, lemon juice, and pepper.
- ☐ Set baguette slices on a baking sheet and broil about 4 in. from heat just until starting to brown, about 1 minute. Turn slices over and spread parmesan mixture generously on top. Broil until topping is bubbly and starting to brown, 1 to 2 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.11, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:3.2517391015654%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg 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: 124.29kcal (6.21%), Fat: 10.25g (15.77%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.68g (0.75%), Cholesterol: 7.74mg (2.58%), Sodium: 202.4mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 28.15µg (26.81%), Calcium: 61.85mg (6.19%), Vitamin B1: 0.06mg (4.22%), Selenium: 2.92µg (4.17%), Phosphorus: 41.34mg (4.13%), Folate: 14.28µg (3.57%), Vitamin E: 0.45mg (3.02%), Vitamin B2: 0.05mg (3%), Manganese: 0.06mg (2.86%), Iron: 0.47mg (2.59%), Vitamin B3: 0.49mg (2.43%), Vitamin A: 80.27IU (1.61%), Zinc: 0.22mg (1.49%), Magnesium: 5.36mg (1.34%), Fiber: 0.32g (1.28%), Vitamin C: 1mg (1.21%), Vitamin B12: 0.06µg (1.04%)