

ONIONS

Horseradish Cheese Toast with Tomatoes

27 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.55	195 kcal

Horseradish Cheese Toast with Tomatoes takes around 45 minutes from beginning to end. One serving contains 270 calories, 15g of protein, and 11g of fat. This recipe serves 4. For 55 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2 teaspoons plain fat-free yogurt	☐ 4 ounce whole wheat French bread (3/4 inch thick), lightly toasted
☐ 2 tablespoons thinly sliced green onions	☐ 2 teaspoons prepared horseradish
☐ ½ small onion, quartered	☐ 1 Dash pepper
☐ 2 ounces 1/2 cup shredded reduced-fat sharp Cheddar cheese	☐ 1 small tomato
☐ 4 slices turkey bacon, cut in half crosswise	

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Broiler

Method

- 1 Preheat broiler.
- 2 Partially cook bacon 3 minutes in a nonstick skillet; drain and set aside.

- 3 Place onion in a food processor; process until finely chopped.
- 4 Add cheese and next 3 ingredients; process until onion is minced, scraping sides of processor bowl occasionally. Set aside.
- 5 Place toasted bread slices on a baking sheet; spread cheese mixture evenly over slices, spreading to edges of bread.
- 6 Cut tomato into 4 slices. Top each bread slice with a tomato slice and 2 bacon pieces. Broil 2 to 2 1/2 minutes or until cheese melts and bacon is crisp.
- 7 Sprinkle with green onions.
- 8 carbo rating: 13

Nutrition per serving

195	12 g	10 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.1 g · 26% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			2.8 g · 3% of daily needs
Sodium			556 mg · 24% of daily needs
Cholesterol			28 mg · 9% of daily needs
Vitamin C			5 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/horseradish-cheese-toast-with-tomatoes-145821