



Josefinas (Toast with Chili Cheese)



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

Ingredients

- ☐ 0.5 lb slender baguette
- ☐ 3 cloves garlic minced peeled
- ☐ 8 oz chilies diced green canned
- ☐ 0.3 lb jack cheese shredded
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup onion sweet minced (such as Maui or Walla Walla)

Equipment

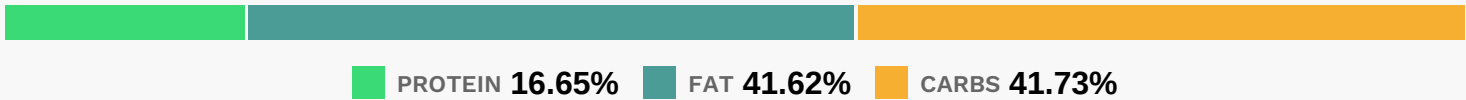
- ☐ bowl

☐ baking sheet

Directions

- ☐ Cut baguette in half horizontally.
- ☐ In a bowl, mix shredded cheese, chilies, onion, sour cream, garlic, and 1/4 teaspoon paprika.
- ☐ Spread mixture evenly over cut sides of baguette; dust lightly with more paprika. Set, cheese mixture up, on a 14- by 17-inch baking sheet.
- ☐ Broil 4 inches from heat until topping is puffy and lightly browned, about 6 minutes. For appetizers, cut into 1 1/4- to 1 1/2-inch-long pieces; to serve as a bread, cut into 3- to 4-inch sections.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:10.42, Inflammation Score:-6, Nutrition Score:9.1634782837785%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 171.15kcal (8.56%), Fat: 8g (12.31%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.9g (6.15%), Sugar: 3.91g (4.35%), Cholesterol: 21.1mg (7.03%), Sodium: 268.29mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.41%), Vitamin C: 41.7mg (50.54%), Calcium: 158.18mg (15.82%), Vitamin B1: 0.2mg (13.13%), Phosphorus: 117.6mg (11.76%), Vitamin B2: 0.2mg (11.7%), Selenium: 7.82µg (11.17%), Vitamin B6: 0.22mg (10.92%), Manganese: 0.22mg (10.75%), Folate: 42.63µg (10.66%), Vitamin A: 499.43IU (9.99%), Vitamin B3: 1.69mg (8.47%), Iron: 1.44mg (8%), Zinc: 0.8mg (5.33%), Vitamin K: 5.49µg (5.23%), Magnesium: 20.45mg (5.11%), Potassium: 173.73mg (4.96%), Fiber: 1.16g (4.62%), Copper: 0.09mg (4.37%), Vitamin B5: 0.26mg (2.6%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.15µg (2.46%)