



Lemon-Garlic Toast

 Vegetarian

READY IN



19 min.

SERVINGS



4

CALORIES



451 kcal

Ingredients

- 0.3 cup butter softened
- 8 slices bread french (3/4-inch-thick)
- 1.5 teaspoons parsley fresh minced
- 0.1 teaspoon garlic powder
- 1.5 teaspoons lemon rind grated

Equipment

- bowl
- frying pan
- microwave

Directions

- Stir together first 4 ingredients in a small bowl.
- Spread about 1/2 teaspoon butter mixture on both cut sides of each bread slice.
- Heat a large nonstick skillet over medium-high heat until hot.
- Add bread slices, and cook 2 minutes on each side or until toasted.
- Note: Butter mixture can be made up to 2 days ahead. Cover and chill. To soften, microwave at LOW (20% power) for 20 seconds; stir. Microwave at LOW an additional 5 to 10 seconds, if necessary.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:51.22, Inflammation Score:-6, Nutrition Score:16.10478260854%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 450.56kcal (22.53%), Fat: 14.61g (22.47%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 66.63g (22.21%), Net Carbohydrates: 63.73g (23.17%), Sugar: 5.96g (6.62%), Cholesterol: 30.5mg (10.17%), Sodium: 861.91mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Vitamin B1: 0.91mg (60.69%), Selenium: 36.78µg (52.54%), Folate: 158.06µg (39.52%), Manganese: 0.67mg (33.58%), Vitamin B2: 0.55mg (32.48%), Vitamin B3: 6.18mg (30.9%), Iron: 5.02mg (27.9%), Phosphorus: 138.3mg (13.83%), Fiber: 2.91g (11.62%), Magnesium: 41.45mg (10.36%), Copper: 0.2mg (9.79%), Zinc: 1.35mg (8.99%), Vitamin A: 358.08IU (7.16%), Calcium: 71.1mg (7.11%), Vitamin B6: 0.14mg (7.01%), Vitamin B5: 0.45mg (4.46%), Potassium: 155.69mg (4.45%), Vitamin E: 0.6mg (4%), Vitamin K: 2.5µg (2.39%), Vitamin C: 1.02mg (1.23%)