



Parma Crisps

READY IN



25 min.

SERVINGS



6

CALORIES



253 kcal

Ingredients

- 1 baguette french cut into diagonal 1/2 inch slices
- 0.3 cup olive oil
- 1 cup parmigiano-reggiano cheese finely grated

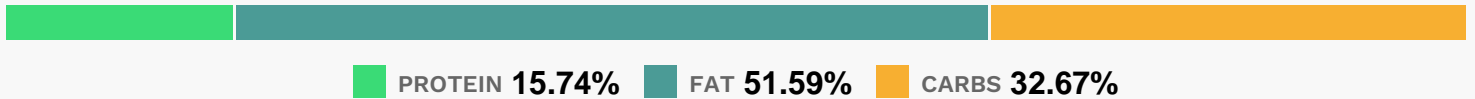
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- Arrange baguette slices in a single layer on the baking sheet. Lightly brush olive oil on each slice.
- Bake in the preheated oven until bread starts to crisp, about 12 minutes.
- Remove from oven.
- Sprinkle half of the grated Parmigiano-Reggiano cheese over slices and return to oven; bake for 5 minutes.
- Remove from oven.
- Turn each slice over and sprinkle with remaining Parmigiano-Reggiano cheese. Return to oven and bake until crisp, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.46, Glycemic Load:13.9, Inflammation Score:-3, Nutrition Score:7.347391333269%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 252.81kcal (12.64%), Fat: 14.44g (22.22%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.7g (7.16%), Sugar: 2.09g (2.32%), Cholesterol: 11.33mg (3.78%), Sodium: 524.68mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Calcium: 241.17mg (24.12%), Vitamin B1: 0.25mg (16.6%), Selenium: 10.92µg (15.6%), Phosphorus: 155.25mg (15.52%), Folate: 45.75µg (11.44%), Vitamin B2: 0.19mg (11.12%), Manganese: 0.2mg (9.83%), Vitamin E: 1.45mg (9.69%), Vitamin B3: 1.94mg (9.68%), Iron: 1.62mg (9.03%), Vitamin K: 6.95µg (6.62%), Zinc: 0.79mg (5.25%), Magnesium: 18.17mg (4.54%), Fiber: 0.88g (3.5%), Vitamin B12: 0.2µg (3.33%), Vitamin B6: 0.06mg (2.92%), Copper: 0.06mg (2.79%), Vitamin A: 130.17IU (2.6%), Vitamin B5: 0.23mg (2.33%), Potassium: 67.09mg (1.92%)