



Parmesan Cheese Toasts

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces bread french
- ☐ 6 teaspoons butter
- ☐ 1 ounce parmesan fresh shaved

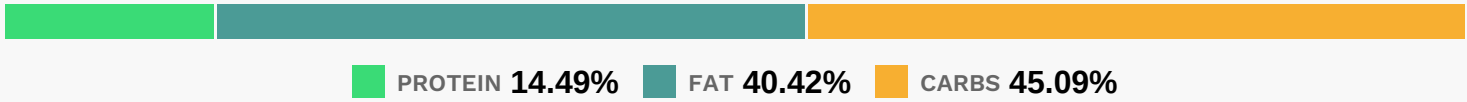
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐
- Preheat broiler.
- ☐
- Cut baguette in half lengthwise; cut each half into thirds.
- ☐
- Spread cut side of each piece with 1 teaspoon butter; sprinkle evenly with shaved fresh Parmesan cheese and freshly ground black pepper. Arrange pieces, cut sides up, on a baking sheet. Broil 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:11.41, Inflammation Score:-2, Nutrition Score:4.3865217553533%

Nutrients (% of daily need)

Calories: 131.9kcal (6.6%), Fat: 5.97g (9.18%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.31g (5.2%), Sugar: 1.35g (1.5%), Cholesterol: 13.96mg (4.65%), Sodium: 278.54mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B1: 0.2mg (13.57%), Selenium: 9.23µg (13.18%), Folate: 35.38µg (8.84%), Manganese: 0.17mg (8.54%), Vitamin B2: 0.14mg (8.16%), Calcium: 72.62mg (7.26%), Vitamin B3: 1.38mg (6.92%), Iron: 1.16mg (6.47%), Phosphorus: 64.02mg (6.4%), Vitamin A: 162.76IU (3.26%), Magnesium: 11.54mg (2.88%), Zinc: 0.43mg (2.88%), Fiber: 0.67g (2.66%), Copper: 0.05mg (2.34%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.12mg (1.24%), Potassium: 40.93mg (1.17%), Vitamin B12: 0.07µg (1.09%)