



Parmesan Toasts

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

Ingredients

- ☐ 8.8 inch bread crumbs italian
- ☐ 1 medium garlic clove halved
- ☐ 4 servings fleur del sel
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan cheese finely grated

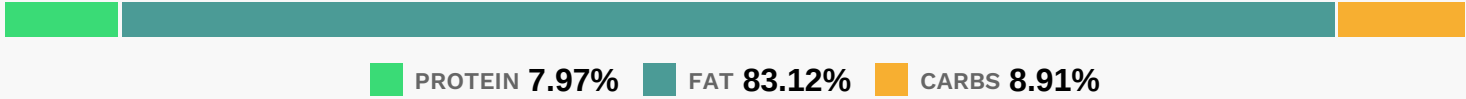
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Arrange bread on baking sheet. Rub bread with garlic; drizzle with oil.
- ☐ Sprinkle cheese over.
- ☐ Sprinkle with fleur de sel.
- ☐ Bake until edges are lightly browned, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.0982608691506%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 208.51kcal (10.43%), Fat: 19.47g (29.95%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.49g (1.63%), Sugar: 1.73g (1.93%), Cholesterol: 10.88mg (3.63%), Sodium: 433.56mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin E: 2.08mg (13.87%), Calcium: 112.12mg (11.21%), Phosphorus: 82.45mg (8.25%), Vitamin K: 8.65µg (8.24%), Selenium: 4.48µg (6.4%), Zinc: 0.56mg (3.74%), Vitamin B2: 0.05mg (2.88%), Vitamin B12: 0.17µg (2.81%), Vitamin A: 108.19IU (2.16%), Iron: 0.27mg (1.48%), Magnesium: 5.51mg (1.38%), Vitamin B3: 0.26mg (1.33%), Manganese: 0.02mg (1.18%), Potassium: 38.24mg (1.09%), Folate: 4.27µg (1.07%)