



Parmesan Toasts

READY IN



6 min.

SERVINGS



4

CALORIES



133 kcal

Ingredients

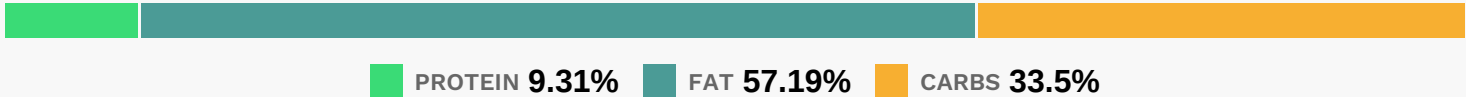
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 slices bread italian
- ☐ 4 teaspoons parmesan cheese grated

Equipment

Directions

- ☐ Coat 4 slices Italian bread with olive oil-flavored cooking spray; sprinkle evenly with 1/4 teaspoon freshly ground black pepper. Top each slice with 1 teaspoon grated Parmesan cheese, and broil 3 1/2 inches from heat until lightly browned.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5982608834039%

Nutrients (% of daily need)

Calories: 132.66kcal (6.63%), Fat: 8.44g (12.99%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.4g (3.78%), Sugar: 6.18g (6.87%), Cholesterol: 4.29mg (1.43%), Sodium: 160.48mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin B3: 0.91mg (4.53%), Calcium: 44.13mg (4.41%), Phosphorus: 38.85mg (3.88%), Folate: 12.92µg (3.23%), Fiber: 0.73g (2.93%), Iron: 0.45mg (2.52%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.96%), Zinc: 0.25mg (1.7%), Potassium: 54.13mg (1.55%), Magnesium: 5.34mg (1.33%), Vitamin B12: 0.07µg (1.11%), Manganese: 0.02mg (1.01%)