



Peppered Toast Triangles

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



16 kcal

Ingredients

- ☐ 2 teaspoons parsley fresh minced
- ☐ 1 Dash pepper
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 2 ounce sourdough bread trimmed

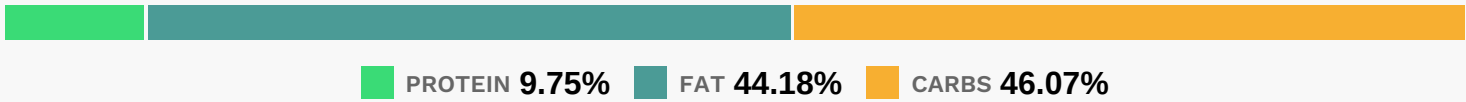
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 4 ingredients; brush mixture evenly over one side of bread slices.
- ☐ Cut each slice into 4 squares; cut each square into 2 triangles.
- ☐ Place triangles on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until crisp and lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.03, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:0.49347827024758%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

Nutrients (% of daily need)

Calories: 15.99kcal (0.8%), Fat: 0.79g (1.22%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.77g (0.65%), Sugar: 0.17g (0.18%), Cholesterol: 0mg (0%), Sodium: 29.85mg (1.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin B1: 0.03mg (1.69%), Selenium: 1.02µg (1.45%), Folate: 4.39µg (1.1%)