



Pesto Bread Rounds

READY IN



45 min.

SERVINGS



10

CALORIES



93 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 tablespoons asiago cheese grated
- 0.1 teaspoon pepper black
- 0.5 cup mayonnaise fat-free
- 8 ounce bread french cut into 20 (3/4-inch) slices
- 0.5 teaspoon garlic minced
- 1 ounce parmesan cheese fresh grated
- 1 tablespoon commercial pesto

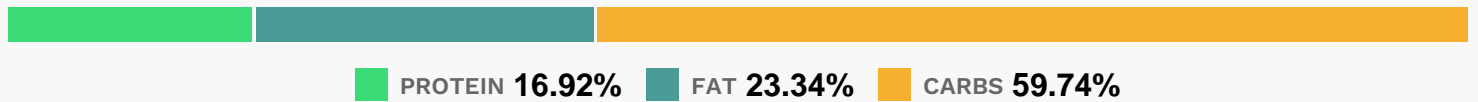
Equipment

- bowl
- baking sheet
- broiler

Directions

- Preheat broiler.
- Place bread on a baking sheet; broil 1 minute or until toasted.
- Combine mayonnaise and remaining ingredients in a medium bowl.
- Spread 1 1/2 teaspoons mayonnaise mixture on untoasted side of each bread slice.
- Place slices on baking sheet; broil 4 minutes or until the cheese and edges of bread are browned.

Nutrition Facts



Properties

Glycemic Index:19.65, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:3.5652173820721%

Nutrients (% of daily need)

Calories: 92.51kcal (4.63%), Fat: 2.41g (3.7%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.12g (4.77%), Sugar: 2.32g (2.58%), Cholesterol: 3.77mg (1.26%), Sodium: 303.04mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin B1: 0.16mg (10.86%), Selenium: 7.41µg (10.58%), Folate: 28.17µg (7.04%), Vitamin B2: 0.11mg (6.55%), Manganese: 0.13mg (6.39%), Calcium: 60.69mg (6.07%), Vitamin B3: 1.1mg (5.52%), Iron: 0.95mg (5.25%), Phosphorus: 51.27mg (5.13%), Fiber: 0.75g (3.01%), Vitamin K: 3.12µg (2.97%), Zinc: 0.35mg (2.33%), Magnesium: 9.26mg (2.31%), Copper: 0.04mg (1.94%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 60.34IU (1.21%), Potassium: 36.66mg (1.05%)