



Pesto-Tomato Toast

 Vegetarian

READY IN



18 min.

SERVINGS



6

CALORIES



258 kcal

Ingredients

- ☐ 6 slices bread french
- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup tomatoes seeded chopped
- ☐ 2 ounces mozzarella cheese shredded

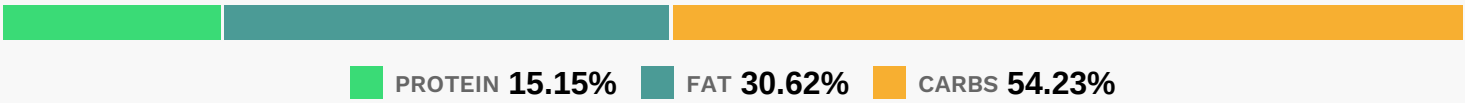
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Place bread on ungreased cookie sheet.
- ☐ Spread with pesto. Top with tomato.
- ☐ Sprinkle with cheese.
- ☐ Bake about 8 minutes or until hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:25.79, Inflammation Score:-5, Nutrition Score:9.5039131382237%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 257.98kcal (12.9%), Fat: 8.78g (13.51%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 33.23g (12.08%), Sugar: 3.82g (4.25%), Cholesterol: 8.57mg (2.86%), Sodium: 573.97mg (24.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Vitamin B1: 0.46mg (30.79%), Selenium: 19.91µg (28.44%), Folate: 81.24µg (20.31%), Vitamin B2: 0.3mg (17.79%), Manganese: 0.35mg (17.62%), Vitamin B3: 3.17mg (15.84%), Iron: 2.66mg (14.76%), Calcium: 104.43mg (10.44%), Phosphorus: 103.63mg (10.36%), Vitamin A: 445.07IU (8.9%), Fiber: 1.78g (7.11%), Zinc: 0.96mg (6.42%), Magnesium: 23.74mg (5.93%), Copper: 0.11mg (5.28%), Vitamin B6: 0.08mg (4.1%), Vitamin B12: 0.22µg (3.59%), Potassium: 111.49mg (3.19%), Vitamin B5: 0.24mg (2.38%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.22mg (1.46%)