



Rarebit toasts

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



265 kcal

Ingredients

- ☐ 1 sourdough bread sliced
- ☐ 200 g cheddar cheese grated
- ☐ 1 tsp dijon mustard
- ☐ 2 spring onion thinly sliced
- ☐ 1 eggs beaten

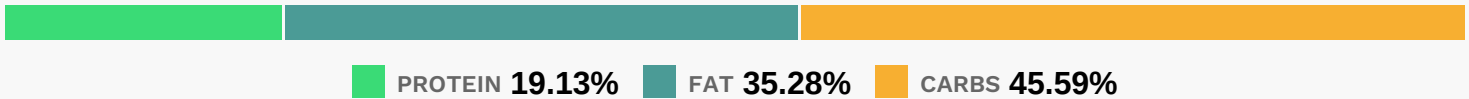
Equipment

- ☐ grill

Directions

- ☐ Place the bread slices under the grill and toast for 2–3 mins until golden on one side.
- ☐ Mix together the cheese, mustard, spring onions and egg.
- ☐ Spread a little over the untoasted side of each slice, then pop back under the grill. Cook for 3 mins more until the cheese is melted and golden.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:22.87, Inflammation Score:-5, Nutrition Score:10.888695683168%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 265.23kcal (13.26%), Fat: 10.42g (16.03%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 28.94g (10.52%), Sugar: 2.8g (3.11%), Cholesterol: 45.46mg (15.15%), Sodium: 519.55mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.43%), Selenium: 25.19µg (35.98%), Vitamin B1: 0.41mg (27.62%), Vitamin B2: 0.38mg (22.35%), Calcium: 211.83mg (21.18%), Folate: 79.45µg (19.86%), Phosphorus: 186.63mg (18.66%), Manganese: 0.31mg (15.41%), Vitamin B3: 2.77mg (13.83%), Iron: 2.4mg (13.36%), Zinc: 1.59mg (10.62%), Vitamin K: 7.23µg (6.89%), Magnesium: 26.43mg (6.61%), Vitamin A: 310.55IU (6.21%), Fiber: 1.35g (5.4%), Vitamin B12: 0.31µg (5.23%), Copper: 0.1mg (5.06%), Vitamin B6: 0.09mg (4.47%), Vitamin B5: 0.38mg (3.81%), Potassium: 102.31mg (2.92%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.26µg (1.73%)