



Ricotta, Pear and Almond Toast

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



145 kcal

Ingredients

- ☐ 1 tablespoon almonds sliced
- ☐ 0.5 small anjou pear cored thinly sliced
- ☐ 0.5 teaspoon honey
- ☐ 1 slice multigrain bread hearty
- ☐ 2 servings pepper
- ☐ 0.3 cup ricotta

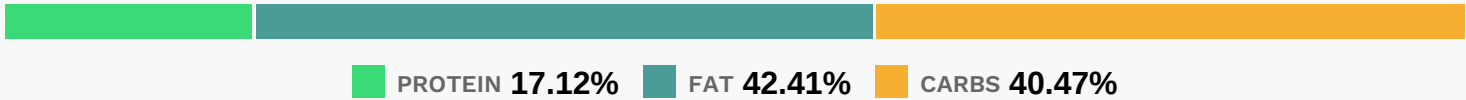
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toast bread to desired doneness.
- ☐ Place almonds in a small, dry skillet over medium-low heat and cook, stirring often, until lightly toasted, about 1 minute.
- ☐ Transfer to a bowl.
- ☐ Spread ricotta on toasted bread. Top with pear and sprinkle with almonds.
- ☐ Drizzle with honey. Finish with a grind of pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:113.86, Glycemic Load:6.33, Inflammation Score:-3, Nutrition Score:6.0982608859954%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 145.11kcal (7.26%), Fat: 7.07g (10.88%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 12.55g (4.56%), Sugar: 5.96g (6.63%), Cholesterol: 15.81mg (5.27%), Sodium: 89.55mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Manganese: 0.45mg (22.35%), Selenium: 8.37µg (11.95%), Phosphorus: 107.38mg (10.74%), Fiber: 2.64g (10.56%), Calcium: 104.32mg (10.43%), Vitamin E: 1.44mg (9.57%), Vitamin B2: 0.15mg (8.89%), Magnesium: 30.49mg (7.62%), Copper: 0.12mg (6.1%), Zinc: 0.8mg (5.36%), Vitamin B1: 0.07mg (4.9%), Vitamin B3: 0.9mg (4.48%), Potassium: 149.36mg (4.27%), Iron: 0.75mg (4.14%), Folate: 14.44µg (3.61%), Vitamin B6: 0.06mg (3.09%), Vitamin K: 3.22µg (3.07%), Vitamin A: 148.22IU (2.96%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.6mg (1.94%), Vitamin B12: 0.11µg (1.76%)