



Ricotta-Pistachio Toast

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



320 kcal

Ingredients

- ☐ 1 slice crusty whole-grain bread
- ☐ 1 tablespoon dry-roasted pistachios salted crushed
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons ricotta cheese light (such as Calabro's part-skim)

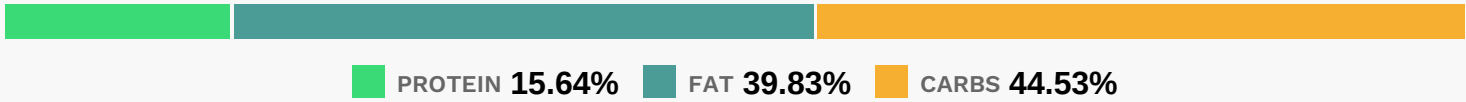
Equipment

Directions

- ☐ Spread ricotta cheese on crusty whole-grain bread.

- ☐ Drizzle olive oil over ricotta.
- ☐ Sprinkle with pistachios.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:25.85, Inflammation Score:-5, Nutrition Score:11.58739128968%

Nutrients (% of daily need)

Calories: 320.34kcal (16.02%), Fat: 14.41g (22.17%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 34.01g (12.37%), Sugar: 3.53g (3.92%), Cholesterol: 15.3mg (5.1%), Sodium: 451.56mg (19.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Selenium: 23.58µg (33.69%), Vitamin B1: 0.47mg (31.57%), Manganese: 0.55mg (27.27%), Folate: 92.02µg (23%), Vitamin B3: 4.56mg (22.78%), Vitamin B2: 0.35mg (20.68%), Iron: 2.8mg (15.54%), Phosphorus: 150.9mg (15.09%), Magnesium: 41.58mg (10.4%), Calcium: 101.22mg (10.12%), Fiber: 2.25g (8.99%), Zinc: 1.29mg (8.6%), Vitamin E: 1.24mg (8.24%), Copper: 0.15mg (7.32%), Vitamin B6: 0.13mg (6.4%), Potassium: 169.82mg (4.85%), Vitamin B5: 0.42mg (4.17%), Vitamin K: 3.19µg (3.03%), Vitamin A: 133.5IU (2.67%), Vitamin B12: 0.1µg (1.7%)