



Skillet Cheddar Toasts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

Ingredients

- 6 ounces thick of cheddar cheese
- 1 tablespoon curry powder
- 4 servings salt
- 1 scallion thinly sliced
- 8 oil-packed sun-dried tomato halves cut into thin strips
- 4 servings vegetable oil
- 8 large whole-grain crackers such as ryvita

Equipment

- frying pan

Directions

- In a medium skillet, toast the curry powder over moderate heat, stirring, until fragrant, about 1 minute.
- Transfer the curry powder to a plate to cool and wipe out the skillet. Rub the skillet lightly with oil and set 2 rye crackers in the pan. Arrange one-eighth of the sun-dried tomato strips on each cracker and season with salt. Top each with a slice of Cheddar, a few scallion slices and 1 to 2 large pinches of curry powder. Cover the skillet and cook over moderately low heat until the cheese has melted, about 4 minutes.
- Serve hot from the skillet. Repeat with the remaining ingredients.
- Wine Recommendation: A glass of Chardonnay, such as the 1996 Geyser Peak, would be welcome with these open-faced snacks; a nonvintage brut sparkling wine from California, such as the Scharffenberger or Roederer Estate, would lend a touch of luxury.

Nutrition Facts

PROTEIN 13.42% **FAT 81.12%** **CARBS 5.46%**

Properties

Glycemic Index:23.5, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:9.1647826692332%

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: 313.41kcal (15.67%), Fat: 28.79g (44.29%), Saturated Fat: 10.35g (64.7%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.76g (1.95%), Cholesterol: 42.52mg (14.17%), Sodium: 477.44mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Vitamin K: 36.19µg (34.47%), Calcium: 314.5mg (31.45%), Phosphorus: 215.35mg (21.53%), Selenium: 12.53µg (17.9%), Vitamin B2: 0.21mg (12.57%), Vitamin E: 1.81mg (12.07%), Zinc: 1.71mg (11.42%), Vitamin A: 505.75IU (10.12%), Vitamin B12: 0.45µg (7.51%), Manganese: 0.15mg (7.39%), Magnesium: 23.66mg (5.91%), Potassium: 201.41mg (5.75%), Iron: 0.92mg (5.14%), Copper: 0.09mg (4.28%), Fiber: 1.07g (4.27%), Folate: 15.88µg (3.97%), Vitamin B6: 0.06mg (3.09%), Vitamin C: 2.3mg (2.79%), Vitamin B5: 0.26mg (2.61%), Vitamin B1: 0.04mg (2.59%), Vitamin B3: 0.45mg (2.26%), Vitamin D: 0.26µg (1.7%)