



Spicy sausage goat's cheese toasts

READY IN



10 min.

SERVINGS



4

CALORIES



272 kcal

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 fat chilli red deseeded finely chopped
- ☐ 2 rolls split thick (we used ciabatta)
- ☐ 70 g pack of chorizo sliced
- ☐ 50 g rocket
- ☐ 100 g goat's cheese crumbled

Equipment

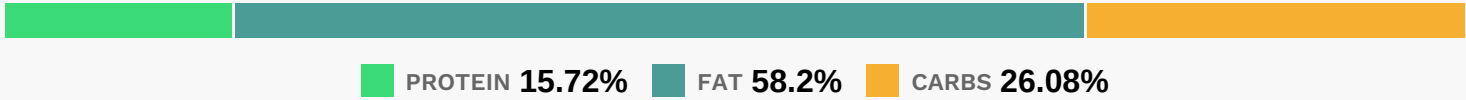
- ☐ bowl

Directions

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First mix the olive oil and chilli in a bowl. While the flavours mingle, toast the split rolls or bread. Top with the sausage, rocket and goats cheese, then drizzle over the chilli oil.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:11.93, Inflammation Score:-5, Nutrition Score:7.170434858488%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 272.12kcal (13.61%), Fat: 17.56g (27.02%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 16.81g (6.11%), Sugar: 3.24g (3.6%), Cholesterol: 22.44mg (7.48%), Sodium: 242.96mg (10.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.35%), Iron: 6.48mg (35.97%), Vitamin C: 18.04mg (21.87%), Vitamin K: 19.86µg (18.92%), Vitamin A: 724.47IU (14.49%), Copper: 0.21mg (10.35%), Vitamin E: 1.18mg (7.9%), Phosphorus: 75.34mg (7.53%), Vitamin B2: 0.12mg (6.79%), Vitamin B6: 0.13mg (6.43%), Calcium: 59.84mg (5.98%), Folate: 17.71µg (4.43%), Manganese: 0.09mg (4.31%), Fiber: 0.9g (3.61%), Magnesium: 12.46mg (3.12%), Potassium: 88.92mg (2.54%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.29mg (1.43%), Selenium: 0.79µg (1.13%)