



Texas Toast Tomato Sandwiches

READY IN



15 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

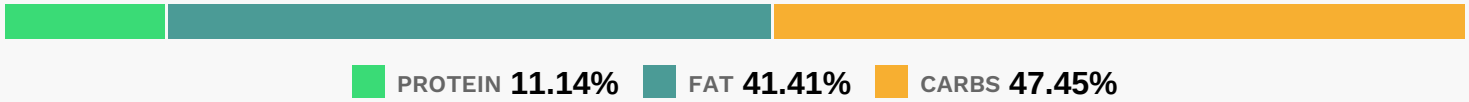
- ☐ 6 tablespoons torn basil fresh
- ☐ 0.3 cup bottled cheese vinaigrette blue
- ☐ 6 servings garnishes: cheese fresh blue crumbled
- ☐ 2 pounds heirloom tomatoes assorted
- ☐ 6 servings salt and pepper
- ☐ 9.5 oz five-cheese texas toast

Equipment

Directions

- ☐ Prepare Texas toast according to package directions.
- ☐ Meanwhile, halve larger tomatoes and cut into 1/4-inch-thick slices; halve or quarter smaller tomatoes. Gently toss tomatoes with vinaigrette, basil, and salt and pepper to taste.
- ☐ Serve immediately over hot Texas toast.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Pepperidge Farm Five Cheese Texas Toast.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:9.4795652679775%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 204.9kcal (10.24%), Fat: 9.78g (15.05%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.22g (8.08%), Sugar: 6.25g (6.94%), Cholesterol: 4.71mg (1.57%), Sodium: 467.51mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Iron: 7.28mg (40.43%), Vitamin A: 1517.65IU (30.35%), Vitamin K: 28.66µg (27.29%), Vitamin C: 21.43mg (25.98%), Fiber: 3g (12%), Manganese: 0.22mg (10.96%), Potassium: 373.8mg (10.68%), Folate: 26.39µg (6.6%), Vitamin B6: 0.13mg (6.52%), Phosphorus: 60.09mg (6.01%), Vitamin E: 0.88mg (5.89%), Calcium: 55.61mg (5.56%), Copper: 0.11mg (5.32%), Magnesium: 20.47mg (5.12%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.06mg (3.91%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.46mg (3.08%), Selenium: 1.35µg (1.92%), Vitamin B5: 0.16mg (1.62%)