



Toasted Romano Crostini

READY IN



14 min.

SERVINGS



14

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 loaf bread french cut into 1/2-inch slices
- 4 green onions chopped
- 0.5 cup real mayo mayonnaise kraft
- 3 Tbsp roasted peppers red chopped
- 1 cup polly-o romano cheese shredded

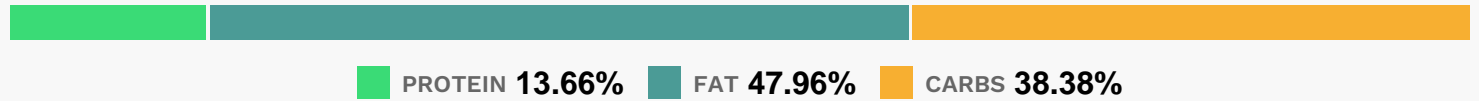
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler.
- Mix cheese, mayo, onions and red peppers.
- Spread mixture on bread slices.
- Place on baking sheet.
- Broil 5 to 7 inches from heat 3 to 4 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:11.58, Inflammation Score:-2, Nutrition Score:5.755652182776%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 161.42kcal (8.07%), Fat: 8.62g (13.25%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 14.75g (5.36%), Sugar: 1.5g (1.66%), Cholesterol: 10.79mg (3.6%), Sodium: 352.42mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin K: 20.49µg (19.52%), Vitamin B1: 0.21mg (13.93%), Selenium: 9.42µg (13.46%), Folate: 38.74µg (9.69%), Calcium: 95.26mg (9.53%), Vitamin B2: 0.15mg (9.04%), Phosphorus: 87.87mg (8.79%), Manganese: 0.16mg (8.11%), Vitamin B3: 1.42mg (7.09%), Iron: 1.26mg (7.03%), Zinc: 0.51mg (3.42%), Magnesium: 13.19mg (3.3%), Fiber: 0.76g (3.02%), Copper: 0.05mg (2.7%), Vitamin C: 2.12mg (2.57%), Vitamin E: 0.36mg (2.38%), Vitamin B6: 0.05mg (2.25%), Vitamin A: 85.49IU (1.71%), Potassium: 55.26mg (1.58%), Vitamin B12: 0.09µg (1.49%), Vitamin B5: 0.14mg (1.43%)