



Tomato Breakfast Toasts

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



344 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon mustard dry
- ☐ 4 eggs
- ☐ 0.5 cup milk low-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 8 slices sourdough bread thick ()
- ☐ 0.5 teaspoon thyme leaves minced

- ☐ 2 large tomatoes ripe
- ☐ 8 slices cheddar cheese white

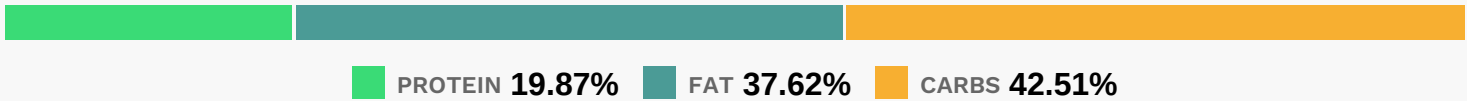
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cut tomatoes into 1/8- to 1/4-in.-thick slices and lay on paper towels (to soak up some of their juices). Set aside.
- ☐ In a medium bowl, whisk together eggs, milk, Dijon mustard, salt, thyme, pepper, and dry mustard. Soak each bread slice in egg mixture for about 30 seconds.
- ☐ Heat oil in a large pan over medium-high heat. Working in batches of 4 slices, cook bread until browned on one side, 1 minute. Turn bread over and top with 1 slice tomato and 1 slice cheese. Reduce heat to low, cover pan, and cook until cheese melts, about 2 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:26.27, Inflammation Score:-7, Nutrition Score:15.653043373771%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 344.13kcal (17.21%), Fat: 14.44g (22.22%), Saturated Fat: 6.64g (41.51%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 34.69g (12.62%), Sugar: 5.07g (5.64%), Cholesterol: 110.58mg (36.86%), Sodium: 759.94mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Selenium: 33.64µg (48.05%), Vitamin B1: 0.5mg (33.22%), Vitamin B2: 0.53mg (31.05%), Calcium: 268.14mg (26.81%), Phosphorus: 266.54mg (26.65%), Folate: 102.27µg (25.57%), Manganese: 0.41mg (20.56%), Iron: 3.11mg (17.25%), Vitamin B3: 3.41mg (17.06%), Vitamin A: 814.03IU (16.28%), Zinc: 2.13mg (14.19%), Vitamin B12: 0.58µg (9.71%), Magnesium: 38.3mg (9.57%), Vitamin B6: 0.17mg (8.59%), Fiber: 2.02g (8.09%), Vitamin C: 6.44mg (7.81%), Vitamin B5: 0.76mg (7.64%), Copper: 0.15mg (7.59%), Potassium: 261.12mg (7.46%), Vitamin E: 0.97mg (6.49%), Vitamin K: 5.51µg (5.25%), Vitamin D: 0.77µg (5.13%)