



## Tomatoes on Toast

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

## Ingredients

- ☐ 2 slices loaf bread french italian
- ☐ 2 tablespoons herbed boursin cheese per bread slice
- ☐ 1 vine-ripened tomato medium to large
- ☐ 1 serving coarse salt such as fleur de sel or kosher salt
- ☐ 1 serving pepper black freshly ground

## Equipment

- ☐ oven
- ☐ toaster

# Directions

- ☐ Use a toaster or toaster oven to toast the bread.
- ☐ While the bread is toasting, slice the tomato into 1/4-inch slices.
- ☐ Once the bread is lightly toasted, spread one side with Boursin cheese. Top with a couple slices of tomato, overlapping if necessary.
- ☐ Sprinkle with coarse salt and freshly ground black pepper.
- ☐ Eat immediately.

☐ Easy Snacks and Appetizers

☐ Tomato

☐ Quick Snacks and Appetizers

☐ Nutrition Facts (per serving)

☐ Calories

☐ Fat

☐ Carbs

☐ Protein

☐ Show Full Nutrition Label

☐ Nutrition Facts

☐ Servings: 2

☐ to 4

☐ Amount per serving

☐ Calories

☐ % Daily Value\*

☐ Total Fat 5g

☐ Saturated Fat 1g

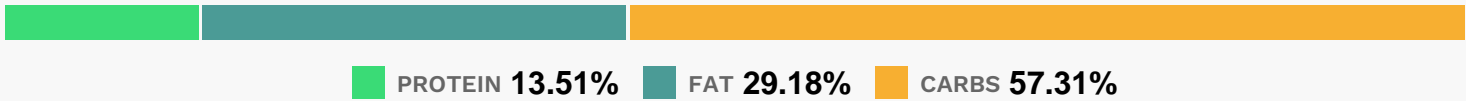
☐ Cholesterol 8mg

☐ Sodium 482mg

☐ Total Carbohydrate 34g

- ☐ Dietary Fiber 3g
- ☐ Total Sugars 3g
- ☐ Protein 8g
- ☐ Vitamin C 4mg
- ☐ Calcium 110mg
- ☐ Iron 2mg
- ☐ Potassium 158mg
- ☐ \*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
- ☐ Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.
- ☐ Garnishes and optional ingredients are not included.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:12.81, Inflammation Score:-3, Nutrition Score:4.307391303065%

## Nutrients (% of daily need)

Calories: 118.39kcal (5.92%), Fat: 3.85g (5.92%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 16.22g (5.9%), Sugar: 1.78g (1.98%), Cholesterol: 7.65mg (2.55%), Sodium: 287.05mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin B1: 0.23mg (15.17%), Selenium: 9.16µg (13.09%), Folate: 39.99µg (10%), Manganese: 0.19mg (9.62%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.56mg (7.8%), Iron: 1.27mg (7.08%), Vitamin A: 282.99IU (5.66%), Phosphorus: 34.32mg (3.43%), Fiber: 0.79g (3.17%), Magnesium: 11mg (2.75%), Copper: 0.05mg (2.61%), Calcium: 24.6mg (2.46%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (1.87%), Potassium: 39.82mg (1.14%), Vitamin B5: 0.11mg (1.09%), Vitamin K: 1.08µg (1.03%)