

Cheese Toast

Servings: 1

Ingredients:

- 1 slice of Oroweat Winter Wheat bread
- with a (¾ oz.) slice of Tillamook Cheddar, or Jalapeno Pepper Jack, cheese

Directions:

- Pre-toast each slice of bread in the toaster.
- Preheat broiler.
- Arrange bread slices on a cookie sheet, and add the slice of cheese to each.
- Broil on the second rung, for just 2- to 3-minutes, or until cheese starts to bubble.

Nutrition: Cheese Toast (Serving size: 1 cheese toast)

calories: 186 protein: 9.3g carbohydrate: 14.3g total fat: 10.5g
saturated fat: 1.5g sodium: 252mg dietary fiber: 3g sugars: 3.1g