

# Golden Cheese Toast

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Servings: 12

*1 cup Cheddar cheese, grated*  
*2 eggs, beaten*  
*1 teaspoon Worcestershire sauce*  
*1/4 teaspoon salt*  
*1/2 teaspoon dry mustard*  
*12 bread slices*  
*6 bacon slices*

Preheat the oven to 475 degrees.

In a bowl, mix the cheese, eggs, Worcestershire, salt and mustard. Set aside.

With a glass or pastry cutter, cut the bread into three-inch rounds. Spread with the cheese mixture.

Cut the bacon slices in half. Top each bread round with a half slice of bacon. Cook in the oven for 15 minutes or until the bacon is crisp. Serve.

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Per Serving (excluding unknown items): 136 Calories; 6g Fat (43.1% calories from fat); 6g Protein; 13g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 304mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	136
% Calories from Fat:	43.1%
% Calories from Carbohydrates:	37.7%
% Calories from Protein:	19.2%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
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**Protein (g):** 6g  
**Sodium (mg):** 304mg  
**Potassium (mg):** 70mg  
**Calcium (mg):** 101mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 141IU  
**Vitamin A (r.e.):** 42RE

**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 136 Calories from Fat: 59

### % Daily Values\*

<b>Total Fat</b>	6g		10%
	Saturated Fat	3g	15%
<b>Cholesterol</b>	48mg		16%
<b>Sodium</b>	304mg		13%
<b>Total Carbohydrates</b>	13g		4%
	Dietary Fiber	1g	2%
<b>Protein</b>	6g		
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<b>Vitamin A</b>			3%
<b>Vitamin C</b>			3%
<b>Calcium</b>			10%
<b>Iron</b>			6%

\* Percent Daily Values are based on a 2000 calorie diet.