

# Tomatoes on Toast

Yield: 3 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/herbed-boursin-spread-recipe-southern-food>

## Ingredients:

- 4 slices bread French or Italian loaf
- 8 tablespoons Boursin cheese
- 1 vine ripened tomato medium to large
- coarse salt like fleur de sel or even just Kosher salt
- ground black pepper Freshly

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 560 milligrams
9. Sugar: 3 grams

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