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Texas Toast

Texas toast is a type of bread that is sliced thickly and then buttered before being toasted. It is often used for making sandwiches or as a side dish for various meals. The thick slices and buttery flavor make it a favorite among many people.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

8 slices texas toast bread

4 tbsp butter

Directions

Step 1

Oven

Preheat oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Spread butter on one side of each slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Oven

Place the bread slices on a baking sheet, buttered side up.

Prep Time: 1 mins

Cook Time: 5 mins

Step 4

Oven

Bake for 5 minutes or until the bread is golden brown and crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 200 kcal

Fat: 9 g

Protein: 4 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	9 g	32.14%	36%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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