



Antipasto Loaf

READY IN



85 min.

SERVINGS



25

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby spinach leaves coarsely chopped
- 3 Tbsp classico basil pesto sauce and spread traditional
- 12 oz bread baguette french
- 8 oz philadelphia cream cheese spread
- 0.5 cup marinated artichoke hearts drained chopped
- 0.5 cup oil-packed sun-dried tomatoes drained chopped
- 2 Tbsp parmesan cheese grated kraft

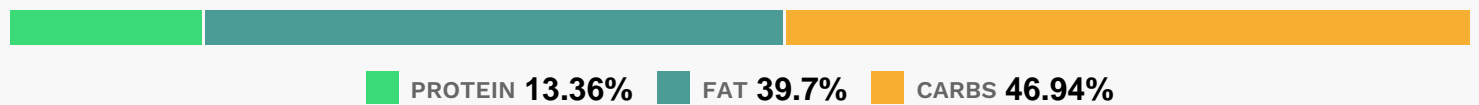
Equipment

plastic wrap

Directions

- Cut baguette lengthwise in half.
- Remove soft insides from both bread halves. (Reserve removed bread for another use.)
- Mix cream cheese spread and pesto; spread onto insides of bread shells. Fill with tomatoes, artichokes, Parmesan and spinach.
- Reassemble baguette; wrap tightly in plastic wrap. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:5.74, Inflammation Score:-4, Nutrition Score:3.6334782544847%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 78.79kcal (3.94%), Fat: 3.51g (5.4%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.6g (3.13%), Sugar: 1.85g (2.05%), Cholesterol: 6.12mg (2.04%), Sodium: 167.29mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin K: 12.64µg (12.04%), Vitamin A: 410.21IU (8.2%), Vitamin B1: 0.11mg (7.35%), Manganese: 0.13mg (6.69%), Selenium: 4.18µg (5.97%), Folate: 22.91µg (5.73%), Iron: 0.84mg (4.66%), Vitamin B2: 0.07mg (4.4%), Vitamin B3: 0.87mg (4.36%), Potassium: 105.51mg (3.01%), Calcium: 29.99mg (3%), Fiber: 0.73g (2.93%), Vitamin C: 2.38mg (2.88%), Copper: 0.06mg (2.76%), Magnesium: 10.66mg (2.66%), Phosphorus: 25.83mg (2.58%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.34%)