



Baked Cheese Spread

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



195 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 16 ounce cream cheese softened
- 2 cups basil fresh minced
- 2 tablespoons garlic minced
- 3 ounces green onions chopped
- 0.5 cup mayonnaise
- 12 ounces mozzarella cheese fresh diced
- 16 ounce garlic sourdough bread sliced in half lengthwise
- 1 tomatoes chopped

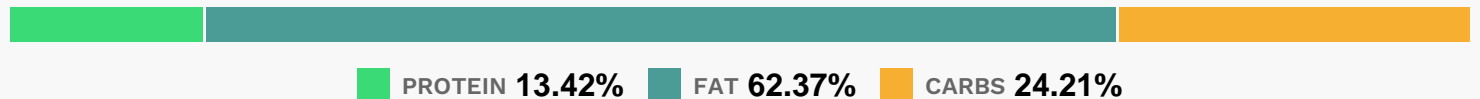
Equipment

- bowl
- baking sheet
- oven
- broiler
- microwave

Directions

- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Place cream cheese in a microwave-safe bowl; heat in microwave until softened, 1 to 2 minutes. Stir mozzarella cheese and mayonnaise into cream cheese; heat in microwave until mozzarella cheese is melted, about 2 minutes.
- Stir basil, green onions, tomato, and garlic into cheese mixture; spread onto sourdough bread slices. Arrange bread slices on a baking sheet.
- Broil in the preheated oven until cheese is golden brown and bubbling, 3 to 10 minutes. Cool for 1 to 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:8.12, Inflammation Score:-4, Nutrition Score:6.3769565224648%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 195.32kcal (9.77%), Fat: 13.65g (21%), Saturated Fat: 6.33g (39.57%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.31g (4.11%), Sugar: 1.99g (2.21%), Cholesterol: 32.25mg (10.75%), Sodium: 292.65mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Vitamin K: 24.51µg (23.35%), Selenium: 9.67µg (13.81%), Calcium: 107.93mg (10.79%), Vitamin A: 536.26IU (10.73%), Vitamin B2: 0.17mg (10.07%), Vitamin B1:

0.15mg (9.94%), Phosphorus: 95.91mg (9.59%), Folate: 30.59µg (7.65%), Manganese: 0.15mg (7.57%), Vitamin B12: 0.37µg (6.17%), Iron: 0.97mg (5.41%), Vitamin B3: 1.01mg (5.07%), Zinc: 0.76mg (5.06%), Magnesium: 13.35mg (3.34%), Vitamin E: 0.45mg (2.97%), Vitamin B6: 0.05mg (2.7%), Potassium: 89.27mg (2.55%), Copper: 0.05mg (2.51%), Fiber: 0.62g (2.46%), Vitamin C: 1.94mg (2.35%), Vitamin B5: 0.21mg (2.14%)