



Best Ever Cheese Bread

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



511 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 crusty baguette french
- 3 spring onion chopped
- 1 cup mayonnaise
- 1 cup monterrey jack cheese shredded
- 1 cup cheddar cheese shredded

Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Slice the French baguette in half lengthwise.
- In a medium bowl, mix the Monterey Jack cheese, Cheddar cheese, mayonnaise and chopped green onions.
- Spread the mixture evenly over the bread halves.
- Bake in the preheated oven 15 minutes, or until the cheese is melted.

Nutrition Facts

PROTEIN 10.54% **FAT 72.75%** **CARBS 16.71%**

Properties

Glycemic Index:34.63, Glycemic Load:14.11, Inflammation Score:-5, Nutrition Score:12.719130531601%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 510.79kcal (25.54%), Fat: 41.18g (63.36%), Saturated Fat: 11.81g (73.81%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 20.25g (7.36%), Sugar: 2.46g (2.74%), Cholesterol: 51.28mg (17.09%), Sodium: 731.7mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.85%), Vitamin K: 75.45µg (71.85%), Calcium: 324.7mg (32.47%), Selenium: 16.12µg (23.03%), Phosphorus: 219.52mg (21.95%), Vitamin B2: 0.3mg (17.77%), Vitamin B1: 0.26mg (17.19%), Folate: 57.63µg (14.41%), Zinc: 1.66mg (11.1%), Manganese: 0.21mg (10.48%), Vitamin E: 1.57mg (10.46%), Iron: 1.77mg (9.84%), Vitamin B3: 1.95mg (9.75%), Vitamin A: 417.63IU (8.35%), Vitamin B12: 0.4µg (6.68%), Magnesium: 22.58mg (5.64%), Fiber: 1.03g (4.12%), Vitamin B6: 0.08mg (3.89%), Copper: 0.07mg (3.74%), Vitamin B5: 0.34mg (3.44%), Potassium: 105.45mg (3.01%), Vitamin D: 0.3µg (2%), Vitamin C: 1.13mg (1.37%)