



Bread and Spreads Platter

READY IN



20 min.

SERVINGS



18

CALORIES



121 kcal

Ingredients

- ☐ 16 oz creamy pimiento cheese
- ☐ 0.3 cup roasted peppers diced red drained (from 7-oz jar)
- ☐ 0.3 cup pimientos green chopped
- ☐ 2 tablespoons basil pesto refrigerated (from 7-oz container)
- ☐ 1 Leaf romaine leaves
- ☐ 1 loaf crusty baguette french cut into 1/4-inch slices (20 inch) (12 oz)

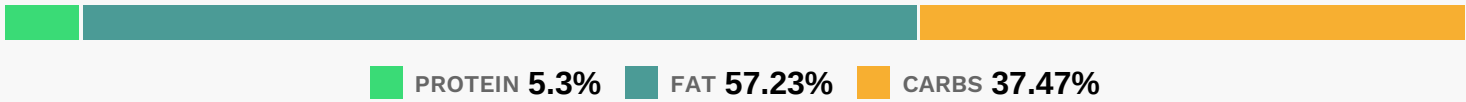
Equipment

- ☐ bowl

Directions

- ☐ Among 3 small bowls, divide cream cheese. Stir red peppers into cream cheese in 1 bowl. Stir olives into cream cheese in another bowl. Stir pesto into cream cheese in third bowl.
- ☐ Line serving platter with lettuce leaves. Mound 3 spreads on lettuce leaves. Surround with bread slices.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:4.63, Inflammation Score:-3, Nutrition Score:2.5791303994863%

Nutrients (% of daily need)

Calories: 121.4kcal (6.07%), Fat: 6.97g (10.72%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.86g (3.59%), Sugar: 3.08g (3.43%), Cholesterol: 13.88mg (4.63%), Sodium: 389.66mg (16.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Calcium: 109.9mg (10.99%), Vitamin A: 347.69IU (6.95%), Vitamin C: 5.34mg (6.47%), Vitamin B1: 0.08mg (5.46%), Folate: 15.38µg (3.85%), Manganese: 0.07mg (3.51%), Selenium: 2.4µg (3.43%), Vitamin B3: 0.66mg (3.31%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (2.77%), Fiber: 0.4g (1.61%), Phosphorus: 14.16mg (1.42%), Vitamin B6: 0.03mg (1.25%), Copper: 0.02mg (1.05%)