



Caesar-Mozzarella French Bread

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



135 kcal

Ingredients

- ☐ 8 ounces bread french
- ☐ 0.3 cup caesar dressing
- ☐ 8 ounces mozzarella cheese sliced

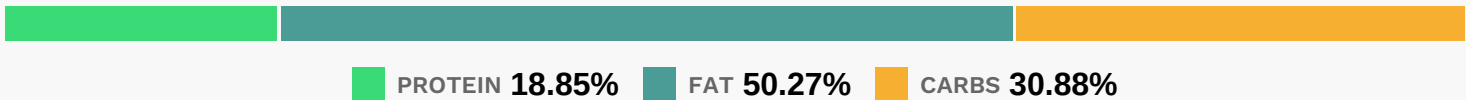
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°.
- ☐ Place bread on ungreased cookie sheet.
- ☐ Spread dressing on cut sides of bread. Top with cheese.
- ☐ Bake 10 to 12 minutes or until cheese is melted and edges begin to brown.
- ☐ Cut into slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:7.67, Inflammation Score:-2, Nutrition Score:4.4508695921496%

Nutrients (% of daily need)

Calories: 134.64kcal (6.73%), Fat: 7.51g (11.56%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.94g (3.62%), Sugar: 1.21g (1.34%), Cholesterol: 16.84mg (5.61%), Sodium: 291.52mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Selenium: 8.7µg (12.42%), Calcium: 107.62mg (10.76%), Vitamin B1: 0.14mg (9.36%), Phosphorus: 87.68mg (8.77%), Vitamin B2: 0.13mg (7.92%), Vitamin B12: 0.43µg (7.21%), Folate: 24.67µg (6.17%), Vitamin K: 5.71µg (5.44%), Manganese: 0.11mg (5.33%), Zinc: 0.75mg (5.03%), Iron: 0.88mg (4.86%), Vitamin B3: 0.93mg (4.66%), Vitamin A: 129.43IU (2.59%), Magnesium: 9.93mg (2.48%), Vitamin E: 0.31mg (2.05%), Fiber: 0.44g (1.76%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.42%), Potassium: 37.9mg (1.08%)