



Cajun-Style French Bread

READY IN



20 min.

SERVINGS



8

CALORIES



349 kcal

Ingredients

- ☐ 14 oz bread loaf french
- ☐ 0.3 cup butter melted
- ☐ 1.5 teaspoons creole seasoning
- ☐ 1 garlic clove minced
- ☐ 1 small jalapeno finely minced seeded
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup mayonnaise
- ☐ 1 medium onion finely chopped
- ☐ 2 oz parmesan cheese shredded
- ☐ 0.5 teaspoon worcestershire sauce

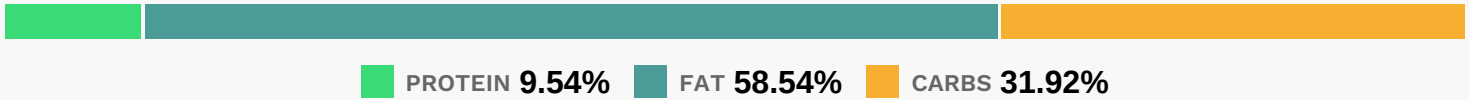
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut bread loaf in half lengthwise.
- ☐ Brush melted butter evenly onto cut sides of bread halves.
- ☐ Stir together onion, jalapeo pepper, and next 5 ingredients, and spread mixture evenly over buttered sides of bread halves.
- ☐ Place bread halves, buttered sides up, on a baking sheet, and sprinkle evenly with 1 1/2 tsp. Creole seasoning.
- ☐ Bake at 350 for 18 to 20 minutes or until brown and bubbly.
- ☐ Let stand 5 minutes; cut crosswise into 1-inch-thick slices, and serve immediately.
- ☐ Note: To make ahead, wrap prepared unbaked bread halves in aluminum foil, place in a large zip-top plastic freezer bag, and freeze up to 1 month. To bake frozen, remove bread halves from freezer bag, and place foil-wrapped bread on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until thawed.
- ☐ Remove foil, return to baking sheet, buttered sides up, and bake 8 to 10 minutes or until brown and bubbly.
- ☐ Let stand 5 minutes, and cut bread halves as directed.

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:20.34, Inflammation Score:-5, Nutrition Score:9.884347729061%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 348.98kcal (17.45%), Fat: 22.84g (35.14%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.24g (3.6%), Cholesterol: 27.91mg (9.3%), Sodium: 582.02mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Vitamin K: 32.08µg (30.55%), Vitamin B1: 0.37mg (24.46%), Selenium: 16.45µg (23.5%), Folate: 66.56µg (16.64%), Manganese: 0.3mg (14.81%), Vitamin B2: 0.25mg (14.76%), Vitamin B3: 2.49mg (12.46%), Iron: 2.13mg (11.83%), Calcium: 118.03mg (11.8%), Phosphorus: 113.39mg (11.34%), Vitamin A: 420.38IU (8.41%), Vitamin E: 1.08mg (7.18%), Fiber: 1.49g (5.96%), Magnesium: 21.79mg (5.45%), Zinc: 0.79mg (5.24%), Vitamin C: 4.27mg (5.18%), Vitamin B6: 0.1mg (4.99%), Copper: 0.09mg (4.55%), Potassium: 108.4mg (3.1%), Vitamin B5: 0.26mg (2.65%), Vitamin B12: 0.12µg (1.99%)