



Cheddar and Scallion Bread

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces butter at room temperature
- 1 pound ciabatta bread cut in half horizontally
- 2 cloves garlic chopped
- 6 servings kosher salt and pepper black freshly ground
- 4 scallions finely chopped
- 8 ounces sharp cheddar cheese shredded grated

Equipment

- food processor

- baking sheet
- oven
- serrated knife

Directions

- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- In a food processor, combine the cheese and butter. Process until the mixture is smooth.
- Add the scallions and garlic and pulse until combined. Season with salt and pepper, to taste.
- Spread the cheese mixture on the cut sides of the bread.
- Place on a baking sheet and bake for 10 to 12 minutes until golden.
- Using a serrated knife, cut the bread into 1-inch thick slices and serve.

Nutrition Facts

PROTEIN 11.63% **FAT 60.68%** **CARBS 27.69%**

Properties

Glycemic Index:28.5, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:7.2339130134686%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 534.91kcal (26.75%), Fat: 36.4g (55.99%), Saturated Fat: 22.14g (138.35%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 36.29g (13.2%), Sugar: 0.34g (0.38%), Cholesterol: 98.75mg (32.92%), Sodium: 801.4mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Calcium: 282.06mg (28.21%), Vitamin A: 1167.6IU (23.35%), Vitamin K: 19.63µg (18.7%), Phosphorus: 184.57mg (18.46%), Selenium: 11.18µg (15.97%), Vitamin B2: 0.18mg (10.82%), Zinc: 1.46mg (9.71%), Vitamin B12: 0.45µg (7.48%), Vitamin E: 0.99mg (6.58%), Fiber: 1.09g (4.34%), Folate: 13.96µg (3.49%), Magnesium: 12.79mg (3.2%), Manganese: 0.05mg (2.3%), Vitamin B6: 0.04mg (2.23%), Vitamin C: 1.82mg (2.2%), Vitamin B5: 0.2mg (2.01%), Potassium: 63.33mg (1.81%), Vitamin D: 0.23µg (1.51%), Vitamin B1: 0.02mg (1.26%), Copper: 0.02mg (1.17%), Iron: 0.21mg (1.17%)