



Cheese Boat

READY IN



50 min.

SERVINGS



10

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 10 servings corn chips for serving
- ☐ 6 ounces corned beef ribs such as carl buddig, finely chopped
- ☐ 16 ounce cream cheese at room temperature
- ☐ 1 bunch green onions finely chopped
- ☐ 0.5 teaspoon hot sauce such as tabasco
- ☐ 1 loaf bread french italian
- ☐ 0.5 bell pepper red cored seeded finely chopped
- ☐ 2.5 cups sharp cheddar grated

☐ 1 medium tomatoes finely chopped

Equipment

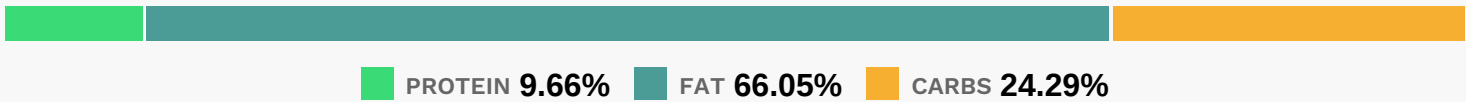
☐ bowl

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut an oval in the top of the load of bread, scooping out the bread in the center and make a "bread boat."
- ☐ Place the bread on a cooking sheet.
- ☐ In a large bowl, mix the cream cheese, Cheddar, beef, green onions, tomatoes, bell peppers, hot sauce and chili powder until fully combined. Spoon the mixture into the hollow center of the bread loaf.
- ☐ Bake for 30 minutes, until bubbling, and serve warm with corn chips.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:13.173043411711%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 716.22kcal (35.81%), Fat: 53.15g (81.77%), Saturated Fat: 25.31g (158.2%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 40.9g (14.87%), Sugar: 16.51g (18.35%), Cholesterol: 83.25mg (27.75%), Sodium: 854.34mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.98%), Calcium: 287.28mg (28.73%), Phosphorus: 274.61mg (27.46%), Selenium: 17.3µg (24.71%), Vitamin A: 1234.9IU (24.7%), Vitamin B2: 0.33mg

(19.33%), Vitamin E: 2.84mg (18.92%), Vitamin C: 14.5mg (17.57%), Vitamin B3: 3.11mg (15.54%), Zinc: 2.25mg (15%), Fiber: 3.08g (12.3%), Folate: 47.8µg (11.95%), Vitamin B12: 0.7µg (11.7%), Magnesium: 44.66mg (11.16%), Iron: 1.78mg (9.9%), Vitamin K: 9.74µg (9.27%), Potassium: 321.33mg (9.18%), Vitamin B6: 0.17mg (8.6%), Manganese: 0.16mg (7.95%), Vitamin B1: 0.11mg (7.46%), Vitamin B5: 0.66mg (6.63%), Copper: 0.08mg (3.79%), Vitamin D: 0.17µg (1.13%)