

Cheese Bread

READY IN



18 min.

SERVINGS



6

CALORIES



603 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 pound bread french sliced
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.5 cup mayonnaise
- ☐ 4 ounces mozzarella cheese grated
- ☐ 1 cup parmesan cheese grated
- ☐ 4 ounces cheddar cheese shredded

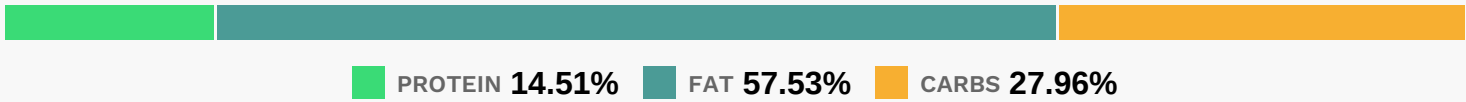
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Place the bread open faced on a cookie sheet.
- ☐ Spread the butter on the bread, then the mayonnaise.
- ☐ Sprinkle with Parmesan cheese, mozzarella cheese, Cheddar cheese and garlic salt.
- ☐ Broil 6 to 8 minutes, until the cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:30.54, Inflammation Score:-7, Nutrition Score:17.643913165383%

Nutrients (% of daily need)

Calories: 603.46kcal (30.17%), Fat: 38.68g (59.5%), Saturated Fat: 16.08g (100.49%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.63g (14.77%), Sugar: 3.87g (4.3%), Cholesterol: 76.24mg (25.41%), Sodium: 1264.32mg (54.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.9%), Selenium: 36.54µg (52.2%), Calcium: 419.5mg (41.95%), Vitamin B1: 0.55mg (36.98%), Phosphorus: 344.67mg (34.47%), Vitamin K: 32.78µg (31.22%), Vitamin B2: 0.52mg (30.82%), Folate: 100.49µg (25.12%), Manganese: 0.42mg (20.97%), Zinc: 2.79mg (18.6%), Vitamin B3: 3.69mg (18.45%), Iron: 3.19mg (17.7%), Vitamin B12: 0.89µg (14.91%), Vitamin A: 706.68IU (14.13%), Magnesium: 39.28mg (9.82%), Vitamin E: 1.25mg (8.33%), Copper: 0.13mg (6.68%), Fiber: 1.66g (6.65%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.45mg (4.54%), Potassium: 154.03mg (4.4%), Vitamin D: 0.31µg (2.06%)