



Cheesy Appetizer Loaf

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread baguette french (24 inch)
- 0.5 tsp garlic powder
- 8 oz italian* five cheese shredded with a touch of philadelphia kraft
- 3 Tbsp real mayo mayonnaise kraft
- 0.3 tsp paprika
- 2 Tbsp pimento-stuffed olives green chopped

Equipment

- broiler

Directions

- Heat broiler.
- Combine first 4 ingredients; spread onto cut sides of bread.
- Sprinkle with paprika.
- Broil, 6 inches from heat, 1 min. or until cheese is melted.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:16.02, Inflammation Score:-2, Nutrition Score:5.508695639184%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 212.75kcal (10.64%), Fat: 9.99g (15.37%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.82g (7.57%), Sugar: 1.89g (2.1%), Cholesterol: 6.27mg (2.09%), Sodium: 335.27mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin B1: 0.29mg (19.04%), Selenium: 11.59µg (16.56%), Folate: 49.56µg (12.39%), Manganese: 0.21mg (10.62%), Vitamin B2: 0.17mg (10.15%), Vitamin B3: 1.94mg (9.69%), Iron: 1.6mg (8.9%), Vitamin K: 7.1µg (6.76%), Calcium: 67.58mg (6.76%), Phosphorus: 43.76mg (4.38%), Fiber: 0.97g (3.87%), Magnesium: 13.24mg (3.31%), Copper: 0.06mg (3.24%), Zinc: 0.43mg (2.87%), Vitamin B6: 0.05mg (2.37%), Vitamin E: 0.3mg (1.99%), Potassium: 51.46mg (1.47%), Vitamin B5: 0.14mg (1.44%)