



## Cheesy BBQ Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



459 kcal

### Ingredients

- 1 pound processed cheese food white sliced
- 0.8 pound butter
- 1 large onion minced
- 2 tablespoons poppy seeds to taste
- 1 pound sourdough bread french

### Equipment

- sauce pan
- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a small saucepan over medium-low heat; cook and stir onion in the melted butter until translucent, 5 to 10 minutes. Stir poppy seeds into onion mixture.
- Cut bread into slices, leaving them still attached on the bottom of the loaf. Put an American cheese slice into each slit; spoon poppy seed mixture into each slit. Wrap loaf with aluminum foil.
- Bake in the preheated oven until cheese is melted, about 30 minutes.

## Nutrition Facts

**PROTEIN 9.95%** **FAT 70.63%** **CARBS 19.42%**

## Properties

Glycemic Index:15.79, Glycemic Load:15.77, Inflammation Score:-7, Nutrition Score:11.769565172817%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 459.19kcal (22.96%), Fat: 36.56g (56.24%), Saturated Fat: 21.67g (135.44%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.29g (7.74%), Sugar: 3.19g (3.55%), Cholesterol: 98.75mg (32.92%), Sodium: 1042.36mg (45.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.17%), Calcium: 445.91mg (44.59%), Phosphorus: 305.46mg (30.55%), Selenium: 18.99µg (27.14%), Vitamin A: 1065.91IU (21.32%), Vitamin B1: 0.29mg (19.6%), Manganese: 0.33mg (16.51%), Vitamin B2: 0.26mg (15.55%), Folate: 53.97µg (13.49%), Iron: 1.89mg (10.52%), Vitamin B12: 0.62µg (10.25%), Zinc: 1.5mg (10%), Vitamin B3: 1.89mg (9.45%), Magnesium: 28.95mg (7.24%), Vitamin E: 1.07mg (7.12%), Fiber: 1.34g (5.35%), Copper: 0.1mg (5.21%), Vitamin B6: 0.08mg (4.02%), Potassium: 129.96mg (3.71%), Vitamin B5: 0.33mg (3.3%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.94mg (1.14%)