



## Cheesy Bread



Vegetarian



Popular

READY IN



20 min.

SERVINGS



20

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 0.3 cup green onion chopped to taste ()
- ☐ 0.3 cup mayonnaise
- ☐ 1 Tbsp cup heavy whipping cream sour
- ☐ 1 cloves garlic minced
- ☐ 0.5 stick butter unsalted melted softened ()
- ☐ 1 loaf bread french italian (I used Ciabatta)

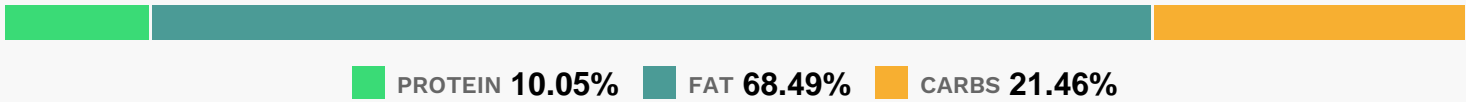
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ bread knife

# Directions

- ☐ Make the cheesy topping: In a small bowl, mix the butter and garlic together until smooth. In a separate large bowl, mix together the cheeses and the green onion. Stir in the mayonnaise and sour cream.
- ☐ Add the butter mixture to the cheese mixture.
- ☐ Spread cheese over bread: Preheat broiler. Slice loaf of bread in half horizontally, lay crust side down on a foil-lined baking sheet.
- ☐ Spread cheese mixture over the bread.
- ☐ Place under the broiler until nicely browned, about 3 to 5 minutes.
- ☐ Slice:
- ☐ Remove from broiler and let sit for 5 minutes until cool enough to handle. Slice the bread with a bread knife.
- ☐ Serve.
- ☐ Try mixing in other ingredients with the topping mixture, such as chopped black olives, chopped canned artichoke hearts, minced shrimp, or crab meat.

# Nutrition Facts



# Properties

Glycemic Index:8.3, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.4430434833402%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 230.4kcal (11.52%), Fat: 17.59g (27.07%), Saturated Fat: 9.09g (56.84%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.58g (4.21%), Sugar: 7.16g (7.96%), Cholesterol: 23.33mg (7.78%), Sodium: 211.55mg (9.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.61%), Calcium: 110.85mg (11.09%), Phosphorus: 82.37mg (8.24%), Vitamin K: 7.76µg (7.39%), Selenium: 4.29µg (6.13%), Vitamin B2: 0.09mg (5.28%), Vitamin B3: 1.04mg (5.2%), Vitamin A: 239.71IU (4.79%), Folate: 18.1µg (4.52%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.64mg (4.26%), Fiber: 0.83g (3.31%), Iron: 0.55mg (3.03%), Vitamin B1: 0.04mg (2.55%), Magnesium: 8.45mg (2.11%), Potassium: 68.15mg (1.95%), Vitamin E: 0.26mg (1.75%)