

Cheesy Breads

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 crusty baguette french cut into 1/2 inch slices
- 2 ounce olives black drained chopped canned
- 4 spring onion sliced
- 1 cup mayonnaise
- 1 ounce ranch seasoning dry ranch-style
- 3 cups cheddar cheese shredded

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, blend Cheddar cheese, mayonnaise, ranch-style dressing mix, black olives and green onions. Increase the amount of mayonnaise as desired if the mixture seems too dry.

Spread equal amounts of the Cheddar cheese mixture on French baguette slices. Arrange slices in a single layer on a large baking sheet.

Bake in the preheated oven 15 minutes, or until cheese is bubbly and lightly browned.

Serve warm.

Nutrition Facts



PROTEIN 11.95% **FAT 63.1%** **CARBS 24.95%**

Properties

Glycemic Index:7.53, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:5.0586955923101%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 182.4kcal (9.12%), Fat: 12.72g (19.57%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 10.74g (3.91%), Sugar: 1.14g (1.26%), Cholesterol: 18.05mg (6.01%), Sodium: 406.16mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin K: 20.35µg (19.38%), Calcium: 125.15mg (12.52%), Selenium: 7.83µg (11.18%), Phosphorus: 87.28mg (8.73%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.13mg (7.81%), Folate: 27.08µg (6.77%), Manganese: 0.1mg (5.1%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.71mg (4.7%), Iron: 0.8mg (4.46%), Vitamin E: 0.57mg (3.82%), Vitamin A: 176.82IU (3.54%), Vitamin B12: 0.16µg (2.68%), Magnesium: 9.98mg (2.5%), Fiber: 0.57g (2.27%), Copper: 0.04mg (1.81%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.16mg (1.55%), Potassium: 45.09mg (1.29%)